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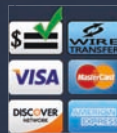
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# Legion

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August 2019 • Vol. 187, No. 2

### LEGION ON PARADE

Past National Commander James Koutz and Legion Family leaders wave from The American Legion's centennial-themed float during the IPL 500 Festival Parade in Indianapolis on May 25. The award-winning float was a tribute to World War I flying ace and racecar driver Eddie Rickenbacker, one of the Legion's founding members.

Photo by Lucas Carter

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The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its nearly 2 million members. These wartime veterans, working through 13,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.





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### 'The Open Door'

I just finished reading Keith Nightingale's story about the re-enactment jump by the 82nd Airborne (June), and felt I must write to let you know how much I enjoyed it. As a proud 82nd Airborne trooper (1959-1962), I jumped on the Fort Bragg drop zones Normandy and Holland. Although I knew they were named after places in Europe, I never gave it much thought until reading this story. I now have a greater respect for those heroes who made the original jump on June 6, 1944. May God bless them all.

— Jim Bennett, Kokomo, Ind.

Keith Nightingale's first paragraph describes me. I've told my wife several times that I wish I could have been seven years older so I could have made that jump with my old division, the 82nd Airborne. She says I'd have to have been crazy to even think that. But Nightingale shows I am not the only "crazy" trooper. Where did our country ever find such men?

— Bob Barfield, Orlando, Fla.

I was inspired by Keith Nightingale's D-Day article. The C-47 Miss Montana – used in the original operation, and later to drop smoke jumpers on forest fires – has been restored thanks to private donations and took part in the 75th anniversary re-enactment. A fitting tribute to a historic plane that served its country well.

— Gerry Christensen, commander,  
Kristofor Stonesifer American Legion  
Post 124, Frenchtown, Mont.

### 'Back in the People's Hands'

Kudos to Patrick H. Brady. He has put the blame for flag desecration where it should lie (June). The U.S. Supreme Court has seen fit to remove any protections from our national symbol. To say it is against one's right to free speech is ridiculous; as Tommy Lasorda said, "Speech is when you talk."

The sitting justices have an almost scary sense of power, and I can't help but wonder how it got this way. True, there are things in the Constitution that required an update, but this is not one. How can nine people speak for 70 percent of the population?

As a veteran, I fly the flag every day, as I have a right to. I will continue to protect my flag, and shame on those who choose to desecrate it. I support the Citizens Flag Alliance and urge all to do likewise.

— John MacCartney, Plains, Pa.



I support the proposed flag-desecration amendment, and I will always stand for our national anthem. But I would not support an amendment that criminalizes peaceful protest such as taking a knee. As for those who make a big scene of embracing our flag at each rally, I quote the British politician George Galloway, who said, “There are those who wrap themselves in flags and blow the tinny trumpet of patriotism as a means of fooling the people.”

—Bill Vogt, Henderson, N.C.

I commend Patrick H. Brady for his excellent commentary on protecting the flag. But I must respond to a remark in his closing paragraphs. Colin Kaepernick was sitting during the anthem. His friend Nate Boyer urged him to take a knee instead. Kaepernick’s actions are a protest to the increasing incidents of police brutality. Boyer is a veteran. A former Green Beret. One of us.

My neighbor’s husband was beaten to death by thugs wearing police uniforms in an interrogation room with a malfunctioning surveillance camera. He was a very gentle man, so the excuse of resisting arrest or failing to comply with police instructions doesn’t wash. He was an Air Force veteran. One of us. So the issue of police brutality hits close to home with me. My neighbors, like me, are white. It isn’t just minorities or people of color who experience injustice by our government at the hands of those hired to protect us.

I understand Brady’s dislike of the actions of Colin Kaepernick. We’re not supposed to like it. That is the nature and purpose of protest. But in this case, I agree. I accept Kaepernick and the other players not standing for the anthem because the tyranny of a police state is something the Constitution, the flag and the anthem don’t stand for.

—Gerard J. Gabriel, Palmdale, Calif.

We cannot surrender our vocabulary to an overreaching, politicized Supreme Court. The flag is not speech. It signifies a territory, vessel or other place where the United States is the sovereign government. To remove the national flag by force is to commit an act of conquest. It is war.

Striking the flag communicates to the enemy that we submit to their control and their mercy. It is a promise to give no further resistance to dominion over the surrendering location by the conqueror. To strike the flag without proper authority is forbidden by Title 10, Section 900 of U.S. Code.

Desecration begins with lowering the flag in some undignified way – “striking” it. It is an act of rejection and conquest when done by someone opposed to the things that flag signifies. When we allow the courts to transform the act of surrender or conquest of the United States into a mere statement of speech, we sponsor that surrender. We must not allow the courts to facilitate that conquest.

—Hal Rounds, Somerville, Tenn.

### **‘Bogged Down in the Bluegrass’**

I read with great interest Ken Olsen’s report on the proposed Louisville VA medical center (June). As a veteran in southern Indiana, I too may be counted among those who would be inconvenienced by any of the proposed Kentucky relocation sites. If a southern Indiana location could be considered, such inconvenience might not apply. For Kentucky veterans, a simple westbound crossing of the Ohio River, where suitable sites abound, might be even more convenient.

—Jerry Pazak, Georgetown, Ind.

### **The right to be Legionnaires**

It’s way past time for the LEGION Act to become law (Commander’s Message, June). All veterans sacrificed, regardless of when they went in or where they served. You went where they sent you. All honorably discharged veterans earned the right to join the Legion if they so desire.

—Jim Ferrell, Mason, Ohio

### **Treasured letters**

I thoroughly enjoyed the letters from D.B. Ryan to his mother during World War I (Rapid Fire, June). It’s most interesting to know the thoughts of people as they’re happening. While in the Air Force, I wrote letters to my mother from Vietnam, which she kept, and I kept her letters to me from Braintree. Maybe when a hundred years have passed, my descendants will find them of some interest, though they’re not as sophisticated as Ryan’s.

—Ronald F. Frazier, Braintree, Mass.

### **THE AMERICAN LEGION MAGAZINE WELCOMES YOUR OPINIONS**

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

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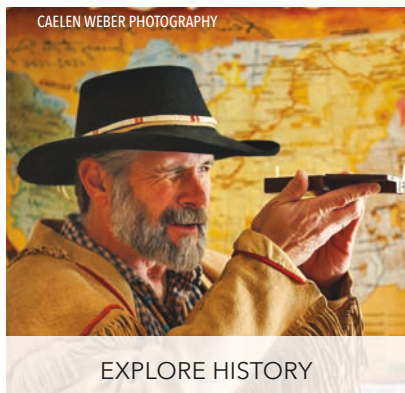
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# Preparation is our responsibility

By the time you read these words, Americans will be near the peak of hurricane season. So I hope this month's message is a waste of space.

Even if all remains calm weather-wise, however, there is never a bad time to prepare for a natural disaster. Just as The American Legion advocates for combat readiness, we are every bit as concerned about helping our communities recover from the havoc sometimes wreaked by Mother Nature.

After torrential floods struck Fort Gibson, Okla., last spring, members of Frank Gladd American Legion Post 20 stepped up by serving more than 15,000 meals to displaced citizens and first responders. We've seen responses like this before. American Legion posts across the nation became safe havens and temporary homes following hurricanes Katrina, Harvey, Irma and Maria, as well as Superstorm Sandy and too many other disasters to list here. The stories of Legionnaires who helped lead their communities through difficult times have been told many times in the pages of this magazine. They continue to inspire.

While I sincerely hope you will never have a need for assistance from the Legion's National Emergency Fund (NEF), history and science tell us that preparation is never in vain. It's a responsibility.

The NEF, which has provided almost \$9 million in grants to Legion Family members and posts affected by natural disasters, is just one of many ways our organization is a leader in nearly 13,000 communities across the nation.

The American Legion Amateur Radio Club (TALARC) has more than 2,100 ham radio operators standing by to assist in times of emergency, especially when traditional means of communication are down.

Many Legionnaires, myself included, have experience as first responders. Others served as medics, combat engineers or heavy equipment operators in the military. In addition to caring deeply about our communities and country, the American Legion Family has its own army of skilled volunteers that can be a lifeline to populations that have lost everything.

Whether it's a tornado, hurricane, flood, fire or terrorist attack, no town or city is immune from possible catastrophe. If your post doesn't already have a disaster preparedness and response chairman, why not volunteer? The Legion has the tools and resources to help you succeed, including a downloadable Disaster Preparedness Guide at [legion.org/publications](http://legion.org/publications).

This is a commitment you won't have to make alone. In addition to your American Legion Family, the Community Emergency Response Team (CERT) program offers training in basic disaster-response skills. You can receive training by registering at the CERT website, [ready.gov/community-emergency-response-team](http://ready.gov/community-emergency-response-team).

You may never need to draw on this training, but a strong disaster response plan is something every community should have in place, at minimum. For 100 years, The American Legion has been an advocate for a strong America. And that means being a prepared America.




National Commander  
Brett P. Reistad

## MEMORANDA

### FOLLOW LEGACY RUN ONLINE

The 14th annual Legacy Run departs Aug. 18 from Lady Lake, Fla., and arrives Aug. 22 in Indianapolis, site of the 101st National Convention. Legion Riders and supporters will raise money for the Legacy Scholarship Fund along the way. Follow coverage of this year's run online.

[legion.org/riders](http://legion.org/riders)

### "TO STRENGTHEN A NATION"

Episodes of a new centennial documentary on the history and influence of The American Legion are available for viewing online.

[youtube.com/americanlegionHQ](http://youtube.com/americanlegionHQ)

[legion.org/legiontv](http://legion.org/legiontv) (under "To Strengthen a Nation")

### PURPLE HEART DAY

Aug. 7 is Purple Heart Day. On that date in 1782, George Washington established the Badge for Military Merit – forerunner of the Purple Heart. The award we know today was created in 1932, during the bicentennial of Washington's birth. The National Purple Heart Hall of Honor in New York estimates that approximately 1.8 million Purple Hearts have been awarded.



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## BILL FEASENMYER

*"We do a good job steering kids down the right path. And that's probably what I'm most passionate about ... If we can do that with one kid, the time I've spent is well worth it."*



Photo by Schelly Stone

In 1978, Army veteran Bill Feasenmyer belonged to an athletic club in his hometown of Colonial Heights, Va., along with some friends. Seeking a sponsor for their softball team, they approached American Legion Post 284, which agreed to do it – with two conditions. "They said, 'We'll sponsor you, but anyone who is eligible to join (the Legion) needs to join, and anyone who is not eligible we can put to work doing other things around the post,'" he recalls.

Feasenmyer, who had been sponsored by Post 284 for Virginia Boys State in 1969, became a member and one of the post's most committed volunteers. More than 40 years later, the former 82nd Airborne paratrooper is still active at the post, department and national levels of The American Legion, including serving as director of the Department of Virginia's Youth Cadet Law Enforcement Academy. The program brings high-school students to Virginia State Police Academy in North Chesterfield for a week of training, drilling and education in preparation for a possible career in law enforcement.

"No matter what (career) field, no matter what they do in life, (the program) will make them a better person," Feasenmyer says. "The main theme is, 'It's not about me anymore. It's about what we do as a team.'"

"The transformation from Sunday when our academy starts to Friday at graduation, it's astonishing to me. When their parents come, I see their mouths drop, and I see how proud they are. It makes me feel good and makes me come back every year. That's what I love: just being able to make a difference in one of those 50 kids' lives."

– Steven B. Brooks

**BRANCH OF SERVICE** Army (1971-1973)

**RANK** Specialist 4

**MILITARY JOB** Parachute rigger

**AMERICAN LEGION POST** Post 284, Colonial Heights, Va.

**YEARS IN THE LEGION** 41

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- District commander (2008-2009)
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- Department Americanism chairman (2013-2015)
- Department Law & Order chairman (2015-present)
- Department Youth Cadet Law Enforcement Academy director (2015-present)
- Department treasurer (2017-present)
- National Foreign Relations Council (2012-2013)
- National Legislative Council (2011-2017)
- National Youth Cadet Law Enforcement Committee (2016-present)
- National Law and Order & Homeland Security Committee (2016-present)

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- *Gilmore B.*

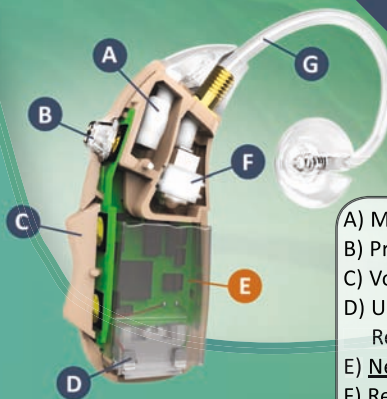


## HCR3 Features!

- ✓ Digital sound processing chip provides **clear sound and makes speech easier to understand** with less feedback than old analog technology
- ✓ Don't worry about replacing batteries! **Full Charge Gives 16 Hours of Use! (Charger Included)**
- ✓ Easy **On / Off Button**
- ✓ Automatic Noise Reduction and Feedback Cancellation
- ✓ **100% Money Back Guarantee**
- ✓ **4 Programs** for different listening situations
- ✓ Helps most **moderate to significant hearing losses** (call us if you need more power)

## Even Better In Pairs!

Your brain is designed to use both ears working together. In fact, studies show that you may be able to **hear up to 3 times better** in noisy situations when using two hearing aids. Buy a pair for the best results and maximum savings!



- A) Microphone
- B) Program Button
- C) Volume Control
- D) USB Charging Port & Rechargeable Battery
- E) New Digital Processor
- F) Receiver (Speaker)
- G) Sound Tube

New Improved  
R3 Digital Processor™!

**Simple.**

**Affordable.**

**Rechargeable Digital Hearing Aid - For Only \$229!\***

The new HearClear™ HCR3 Rechargeable Digital Hearing Aids are now available to you for an unbelievably affordable price! The HCR3 is packed with the same key technologies that all high end digital hearing aids share while leaving out the extra bells and whistles that increase cost and require expensive adjustments. This helps you **hear better, while saving you a lot of money.**

Your new HearClear HCR3 hearing aids work at a fraction of the cost of name-brand hearing aids, and you won't have to keep changing the batteries!

You will love the discreet, comfortable, lightweight Open-fit design. The HCR3 is pre-programmed for most moderate to significant hearing losses, so you won't need professional appointments to make costly adjustments. **It is shipped directly to you and will help you hear better right out of the box!**

You can spend thousands for an expensive hearing aid, or you can spend just \$249 for a hearing aid that is great for most hearing losses (**only \$229 each when you buy a pair – hear up to 3 times better than wearing just one**). We are so sure you will love your hearing aids that we offer a **100% Money Back Guarantee - Risk Free** if you are not satisfied for any reason.

**NOW ON SALE!**

~~List Price: \$849~~

**Sale Price: \$229\***

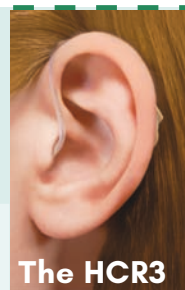
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**\*Only \$229 Each When You Buy A Pair!**

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 **Advanced Affordable Hearing**™  
Affordable Quality Since 1996!



**FDA**  
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# Pass NAFTA replacement



## SUPPORT

### Sen. Rob Portman, R-Ohio

■ Portman serves on the Senate Subcommittee on International Trade, Customs and Global Competitiveness.

Trade is good for Ohio when we have a level playing field. We like exports because that means jobs. Twenty-five percent of our factory workers make products that get exported, and one of every three acres planted by Ohio farmers is exported. Canada is Ohio's largest export market by far, and Mexico is second. According to a recent study, there are already 463,200 Ohio jobs supported by trade with Canada and Mexico.

With a revised trade agreement, we could do even better. Canada and Mexico do not allow American exports in some sectors, including agriculture, and a new trade pact could open up more markets. After two years of negotiations on a new agreement, the Trump administration has proposed a new United States-Mexico-Canada Agreement (USMCA) that would modernize the 26-year-old North American Free Trade Agreement, commonly known as NAFTA.

USMCA will encourage more auto production in the United States by boosting U.S. content requirements for automobiles and their parts. American farmers will have better access to new markets in Canada and Mexico. Stronger labor standards in Mexico will help level the playing field on labor costs. There are stronger protections for U.S. intellectual property, technology and the internet. The House and Senate must approve these changes, though.

The bottom line: We can continue on with the out-of-date NAFTA agreement or we can adopt the new USMCA, which helps level the playing field. There's too much partisanship in Washington these days, but on this issue we have a better way forward for us and our North American neighbors. That means supporting USMCA.



## OPPOSE

### Rep. Bill Pascrell Jr., D-N.J.

■ Pascrell serves on the House Ways and Means Subcommittee on Trade.

Other issues dominate the headlines, but the renegotiated NAFTA trade pact is one of the most significant pieces of policy that will be decided by our federal government over these next few years.

For too long, Republican and Democratic

leaders have kowtowed to the interests of corporate conglomerates and their executives and shareholders. This mindset has resulted in the hollowing out of proud U.S. industries while sacrificing American jobs and good wages.

Since I first came to Congress, I have been skeptical of so-called free trade agreements. In my hometown of Paterson, N.J., I have seen too many businesses close because of eliminated jobs and depressed wages precipitated by these deals, first among them NAFTA. This is why I was a strong opponent of fast-tracking the Trans-Pacific Partnership (TPP), which President Trump also opposed.

Most Americans don't realize that under our Constitution, ultimate authority over trade policy belongs to Congress. The new Congress is committed to scrupulously scrutinizing any new NAFTA framework. The lens through which we will assess it is this question: Will it help or hurt the American worker?

One of the central planks of Trump's campaign was rebalancing our trade relationships and prioritizing higher wages. If he brings a good deal to Congress that protects American workers, I will support it. If the deal does not sufficiently address recalibrating our trade imbalance, I will oppose it.

After a generation under a flawed NAFTA, we have an opportunity to get things right. American workers deserve a better deal.

## THE HEART OF THE ISSUE

*The White House is pushing for a vote on the United States-Mexico-Canada Agreement (USMCA) to replace the 1993 North American Free Trade Agreement (NAFTA). Critics demand that Mexico pass meaningful labor reforms before they agree to back it.*

## CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121





# Treating your COPD and still struggling?

Chronic productive cough?  
Repeated antibiotic use for  
chest infections? Repeat  
hospitalizations?



RespirTech COPD patients  
reported after one year  
of vest therapy with the  
InCourage system<sup>1</sup>:



Hospitalization rate  
decreased **↓ 52%**



Ability to clear lungs  
“good-excellent”  
rating increased **↑ 55%**



Respiratory health  
“good-excellent”  
rating increased **↑ 36%**

InCourage vest therapy is a drug-free way to clear excess mucus from the lungs. Ask your doctor if the InCourage system may be right for you. For a vest therapy information kit, call 833.208.5324 or visit [www.respirtech.com/VA](http://www.respirtech.com/VA).

**We change lives. We help people breathe better.**

1. Methodology: Phone surveys at regular intervals with COPD patients using the InCourage system, as part of a subset of the overall RespirTech bronchiectasis outcomes registry. Data collection began in 2013. As of 11/31/18, 154 patients completed the baseline survey; 108 patients in 1-month cohort; 89 in 3-month cohort; 70 in 6-month cohort; 43 in 12-month cohort.





U.S. Army photo by Staff Sgt. Teddy Wade

# CONCEALED ENEMY

*Veterans are more likely to face heart disease at a younger age than nonveterans.*

BY LANCE FRAZER

A new study claims that veterans are more likely to have heart disease at a younger age than nonveterans, suggesting a looming health crisis for those who served.

Authored by Ramon Hinojosa, an assistant professor in the University of Central Florida's Department of Sociology, the study was published in the *Journal of the American Board of Family Medicine*.

"In recent conflicts, we've seen a shift to a concealed enemy, to an unknown foe," Hinojosa says.

"It's important to remember that even if a veteran is not in active combat situations, they can still be exposed to violence and threats of violence that continue to heighten stress."

Martha Gulati, division chief of cardiology at the University of Arizona College of Medicine and editor of the American College of Cardiology's online journal CardioSmart, calls Hinojosa's study "a good snapshot." Though several factors could be involved – stress, smoking, drug use – "I do feel it is concerning to us as medical professionals," she says.

Hinojosa looked at five cardiovascular conditions reported in the Centers for Disease Control and Prevention's National Health Interview Survey and their association with veteran and sociodemographic status, including age. From 35 to

about 70, veterans reported significantly more cardiovascular conditions than nonveterans. After 70, nonveterans reported more cardiovascular conditions.

The study notes the decline of the "healthy-soldier effect." In earlier wars, servicemembers tended to be in better health than their civilian counterparts. That has changed, possibly due to modern warfare, changing diets, higher rates of obesity in younger veterans than nonveterans at the same age, and higher rates of drinking, smoking and mental illness, Hinojosa says.

"In Vietnam, it was estimated that 30 percent of the vets suffered from PTSD, but post-9/11 that estimate rose to 56 percent," Gulati says. "We know that intense stress accelerates

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

See **HEART DISEASE** on page 17



WITH STAGE 3 LUNG CANCER

# I'M IN WITH IMFINZI

TO CONTINUE FIGHTING MY CANCER AFTER CRT

**FIRST & ONLY TREATMENT APPROVED**  
for people with unresectable Stage 3 non-small cell  
lung cancer (NSCLC) whose disease has not progressed  
following concurrent chemoradiation therapy (CRT).

## IMFINZI SIGNIFICANTLY REDUCED THE CHANCE OF LUNG CANCER SPREADING

IMFINZI may not work for everyone.

IMFINZI is an immunotherapy. People receiving IMFINZI had a 48% lower chance of lung cancer growing or spreading than those receiving placebo (no medicine). It was also proven to give people 3x more time without their cancer spreading compared with placebo.\* Before IMFINZI, the last 10 years showed only limited advancements to the current standard of care for unresectable Stage 3 NSCLC.

\*In a clinical trial, the median time tumors did not grow or spread was 16.8 months for the 476 patients receiving IMFINZI compared with 5.6 months for the 237 patients receiving placebo. Median is the middle number in a group of numbers arranged from lowest to highest. Individual results may vary.

ASK YOUR DOCTOR ABOUT IMFINZI. VISIT [IMFINZI.COM](http://IMFINZI.COM)

IMFINZI was studied in 713 patients with unresectable Stage 3 NSCLC who completed at least 2 cycles of chemotherapy that contained platinum given at the same time (concurrent) as radiation before starting the trial. Patients in the study had good performance status (WHO 0 or 1). IMFINZI was tested against placebo (no medication).

The main goal of the trial was to measure the length of time people remained progression free (without cancer growing or spreading) and overall survival. At the time of analysis, overall survival comparison was not yet available. This trial is still ongoing.

## WHO IS IMFINZI FOR?

IMFINZI® (durvalumab) is a prescription medicine used to treat a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

## IMPORTANT SAFETY INFORMATION

**What is the most important information I should know about IMFINZI?**

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

**Call or see your healthcare provider right away if you develop any symptoms of the following problems or if these symptoms get worse:**

**Lung problems (pneumonitis).** Signs and symptoms may include new or worsening cough, shortness of breath, and chest pain.

**Liver problems (hepatitis).** Signs and symptoms may include yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), drowsiness, dark urine (tea colored), bleeding or bruising more easily than normal, and feeling less hungry than usual.

**Intestinal problems (colitis).** Signs and symptoms may include diarrhea or more bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness.

**Hormone gland problems (especially the thyroid, adrenals, pituitary, and pancreas).** Signs and symptoms that your hormone glands are not working properly may include headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; feeling more hungry or thirsty than usual; hair loss; feeling cold; constipation; your voice gets deeper; urinating more often than usual; nausea or vomiting; stomach-area (abdomen) pain; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.

**Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include decrease in the amount of urine, blood in your urine, swelling of your ankles, and loss of appetite.

**Skin problems.** Signs may include rash, itching, and skin blistering.

**Problems in other organs.** Signs and symptoms may include neck stiffness; headache; confusion; fever; chest pain, shortness of breath, or irregular heartbeat (myocarditis); changes in mood or behavior; low red

blood cells (anemia); excessive bleeding or bruising; muscle weakness or muscle pain; blurry vision, double vision, or other vision problems; and eye pain or redness.

**Severe infections.** Signs and symptoms may include fever, cough, frequent urination, pain when urinating, and flu-like symptoms.

**Severe infusion reactions.** Signs and symptoms may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, and facial swelling.

**Getting medical treatment right away may help keep these problems from becoming more serious.** Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI if you have severe side effects.

**Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant; have lung or breathing problems; have liver problems; or are being treated for an infection.**

If you are pregnant or plan to become pregnant, tell your healthcare provider. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about which birth control methods to use. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

If you are breastfeeding or plan to breastfeed, tell your healthcare provider. It is not known if IMFINZI passes into breast milk. Do not breastfeed during treatment with IMFINZI and for at least 3 months after the last dose of IMFINZI.

**Tell your healthcare provider about all the medicines you take.** This includes prescription and over-the-counter medicines, vitamins, and herbal supplements.

**What are the possible side effects of IMFINZI?**

**IMFINZI can cause serious side effects (see earlier).**

**The most common side effects** in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs (pneumonitis), upper respiratory tract infections, shortness of breath, and rash.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

**Call your healthcare provider for medical advice about side effects.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.**

Please see Brief Summary of complete Prescribing Information on the following page.

If you cannot afford your medications, AstraZeneca may be able to help. Visit [AstraZeneca-us.com](http://AstraZeneca-us.com) to find out how.

 **IMFINZI®**  
durvalumab  
Injection for Intravenous Use 50 mg/mL



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# IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



## WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

**Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse:**

**Lung problems (pneumonitis).** Signs and symptoms of pneumonitis may include:

- new or worsening cough
- shortness of breath
- chest pain

**Liver problems (hepatitis).** Signs and symptoms of hepatitis may include:

- yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual

**Intestinal problems (colitis).** Signs and symptoms of colitis may include:

- diarrhea or more bowel movements than usual
- stools that are black, tarry, sticky, or have blood or mucus
- severe stomach area (abdomen) pain or tenderness

**Hormone gland problems (especially the thyroid, adrenals, pituitary and pancreas).**

Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness
- weight gain or weight loss
- dizziness or fainting
- feeling more hungry or thirsty than usual
- hair loss
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- feeling cold
- constipation
- your voice gets deeper
- urinating more often than usual
- nausea or vomiting
- stomach area (abdomen) pain

**Kidney problems, including nephritis and kidney failure.** Signs of kidney problems may include:

- decrease in the amount of urine
- blood in your urine
- swelling of your ankles
- loss of appetite

**Skin problems.** Signs of these problems may include:

- rash
- itching
- skin blistering

(continued)

**Problems in other organs.** Signs and symptoms may include:

- neck stiffness
- headache
- confusion
- fever
- chest pain, shortness of breath, or irregular heartbeat (myocarditis)
- changes in mood or behavior
- low red blood cells (anemia)
- excessive bleeding or bruising
- muscle weakness or muscle pain
- blurry vision, double vision, or other vision problems
- eye pain or redness

**Severe infections.** Signs and symptoms may include:

- fever
- cough
- frequent urination
- pain when urinating
- flu-like symptoms

**Severe infusion reactions.** Signs and symptoms of severe infusion reactions may include:

- chills or shaking
- itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- fever
- feel like passing out
- back or neck pain
- facial swelling

**Getting medical treatment right away may help keep these problems from becoming more serious.**

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI, if you have severe side effects.

## WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat:

- a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC:
  - has not spread outside your chest
  - cannot be removed by surgery, **and**
  - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

**Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:**

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- are being treated for an infection
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an

(continued)

effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

**Tell your healthcare provider about all the medicines you take,** including prescription and over-the-counter medicines, vitamins, and herbal supplements.

## HOW WILL I RECEIVE IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

## WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI?

**IMFINZI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:**

**SEE "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?"**

The most common side effects of IMFINZI in people with NSCLC include:

- cough
- feeling tired
- inflammation in the lungs (pneumonitis)
- upper respiratory tract infections
- shortness of breath
- rash

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.



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**HEART DISEASE** *continued from page 14*

cardiovascular issues, so I feel strongly that we need to look more closely at returning veteran populations and do a more thorough job screening for health issues.”

Donald Molony, professor of renal diseases and hypertension at the University of Texas McGovern Medical School in Houston, points out that hypertension can result in damage to coronary arteries, increasing the risk of cardiovascular problems.

A 2018 study in *Hypertension* looked at 3,900 servicemembers wounded in Iraq and Afghanistan and found that more than 14 percent developed high blood pressure at least 90 days after being wounded. Further, the risk of high blood pressure is 85 percent higher among those with PTSD, Molony says.

Other studies indicate that veterans with multiple tours are 33 percent more likely to have high blood pressure, and if they witness death while on active duty, that figure rises to 50 percent, he adds.

Richard Schofield, national program director of cardiology for VA's Office of Specialty Care, says the Hinojosa study's methodology “makes it difficult to reach conclusions.” However, some studies show an uptick in cardiovascular issues among younger Americans (ages 30 to 40), and “if it's happening in general, I think it's a fair question to ask if it's true for veterans as well.”

Researchers recommend veterans participate in more extensive studies like the Million Veteran Program ([research.va.gov/mvp](https://research.va.gov/mvp)) or the All of Us initiative ([allofus.nih.gov](https://allofus.nih.gov)) to add to the data.

Hinojosa says it's time to shift our focus from catastrophic events to the “low-flying things that can have a tremendous impact on everyday life. Veterans' sacrifices have a detrimental effect on their overall health and quality of life, and we need to make that even more of a priority.”

*Lance Frazer is a California-based freelance writer specializing in health and medicine, science, nature and the environment.*



## How to prevent backaches

*Better Nutrition* magazine has some tips for relieving and preventing back pain:

**Drink more water.** Dehydration can cause muscles in your back to stiffen and even spasm. Plus, discs in the spine need to be well-hydrated to help cushion vertebrae.

**Keep muscles flexible and strong.** Take frequent breaks from sitting, and walk or move around enough to raise your heart rate and increase blood circulation.

**Sleep on a good mattress.** If you wake up with stiff muscles, it's time to get a new mattress. Look for one that offers support without pressure points. Also, don't sleep on your stomach.

**Remember your teachers' advice.** Sit up straight. Don't slouch.

## Get the good kind of blues

If you're looking for a tasty snack that's high in fiber, low in calories and packed with nutrition, try blueberries.

With only 80 calories per cup, blueberries are described by *Healthy Living Made Simple* magazine as a “superfruit.” And it's easy to see why. A handful of blueberries yields 4 grams of fiber. In addition, blueberries and other berries have some of the highest antioxidant levels of any fresh fruits and many vegetables. Antioxidants help protect the body against certain molecules that contribute to aging and disease.

One serving of blueberries provides 25 percent of the recommended daily amount of vitamin C. Blueberries are also rich in manganese, which helps in bone health and aids the body in processing cholesterol.





# 5 MUST-SEE STOPS ALONG THE APPALACHIAN TRAIL

*It's a long way,  
with a lot to enjoy.*

BY LYN METTLER

Photo courtesy Appalachian Trail Conservancy

More than 3 million people a year travel the Appalachian Trail, which passes through 14 states from Georgia to Maine. Over 2,000 miles in length, the trail takes hikers across scenic landscapes and past historic sites. Here are five Appalachian Trail highlights that are among hikers' favorite spots:

**HELEN, GA.** In Georgia's section of the trail, hikers can meander through Helen, a charming Bavarian-style town in the Blue Ridge Mountains. The Chattahoochee River flows through Helen, which is known for its cobblestone streets, quaint boutiques and German cuisine. Check out Unicoi State Park, which has 1,000 acres of adventure activities, including zip lines, fly fishing, an archery and air rifle range, and mountain biking. Hikers who need a rest can stay at the park's 100-room lodge or book a barrel cabin.

**COMPTON PEAK, VA.** If you're looking for extra mileage – and views – Compton Peak within Shenandoah National Park is a popular 2.4-mile moderate hike. Accessed via the south, which is a less traveled route to the peak, the trail runs along a ravine and across a stream. It's a good mix of climbs with flatter areas, so it's not as challenging. The park has more than 500 miles of hiking trails, as well as waterfalls and mountain views.

**HARPERS FERRY, W.VA.** Get a history lesson along the trail by visiting Harpers Ferry National

Historical Park, the site of John Brown's 1859 raid to free slaves and home to the Appalachian Trail Visitor Center. The spot is a popular place to start or end a hike along the trail. Top sites include Jefferson Rock (the view from which Thomas Jefferson said was "worth a voyage across the Atlantic"), John Brown's Fort and the Potomac.

**NANTAHALA NATIONAL FOREST** Nearly 90 miles of the Appalachian Trail run through North Carolina, many along the Blue Ridge Mountains. The trail's southern portion takes hikers through the Nantahala National Forest and Nantahala Gorge, with some of the best-graded trails at high elevations. It also goes right to the Nantahala Outdoor Center, which offers whitewater rafting trips on local rivers and is a great spot to rest.

**MAHOOSUC NOTCH, MAINE** Considered by some to be the Appalachian Trail's most difficult mile, Mahoosuc Notch is a deep gorge that winds through enormous boulders, caves and other tight areas. After hikers make their way to what's called the Mahoosuc Arm summit, they'll find a short trail to Speck Pond and Grafton Notch State Park, where they can take a break before summiting Maine's third-highest peak just a mile ahead.

*Lyn Mettler is a freelance travel writer who blogs at [GotoTravelGal.com](http://GotoTravelGal.com).*



Need a safe spot for your pet while you're traveling? PetSmart's [PetsHotel](#) offers members of the military a 10 percent discount on any overnight stay for your pet.

The [Gerald R. Ford Presidential Museum](#) in Grand Rapids, Mich., is hosting Pulitzer Prize-winning and presidential photographer David Hume Kennerly's exhibit "Extraordinary Circumstances: The Presidency of Gerald R. Ford" through Sept. 2. Admission for seniors and servicemembers is \$8.

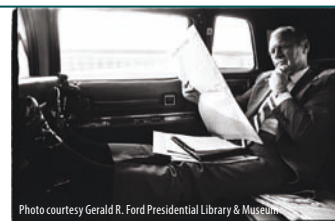


Photo courtesy Gerald R. Ford Presidential Library & Museum





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TO STRENGTHEN A NATION / THE AMERICAN LEGION STORY

PART 12

# CITIZENSHIP THROUGH SPORTSMANSHIP

*American Legion Baseball was born of a need to strengthen young people and the nation.*

BY JEREMY FIELD

**THE ORIGIN OF** American Legion Baseball is traced to June 17, 1925, when former Army Maj. John L. Griffith, commissioner of the Big Ten Conference, addressed the American Legion Department of South Dakota's summer convention in Milbank.

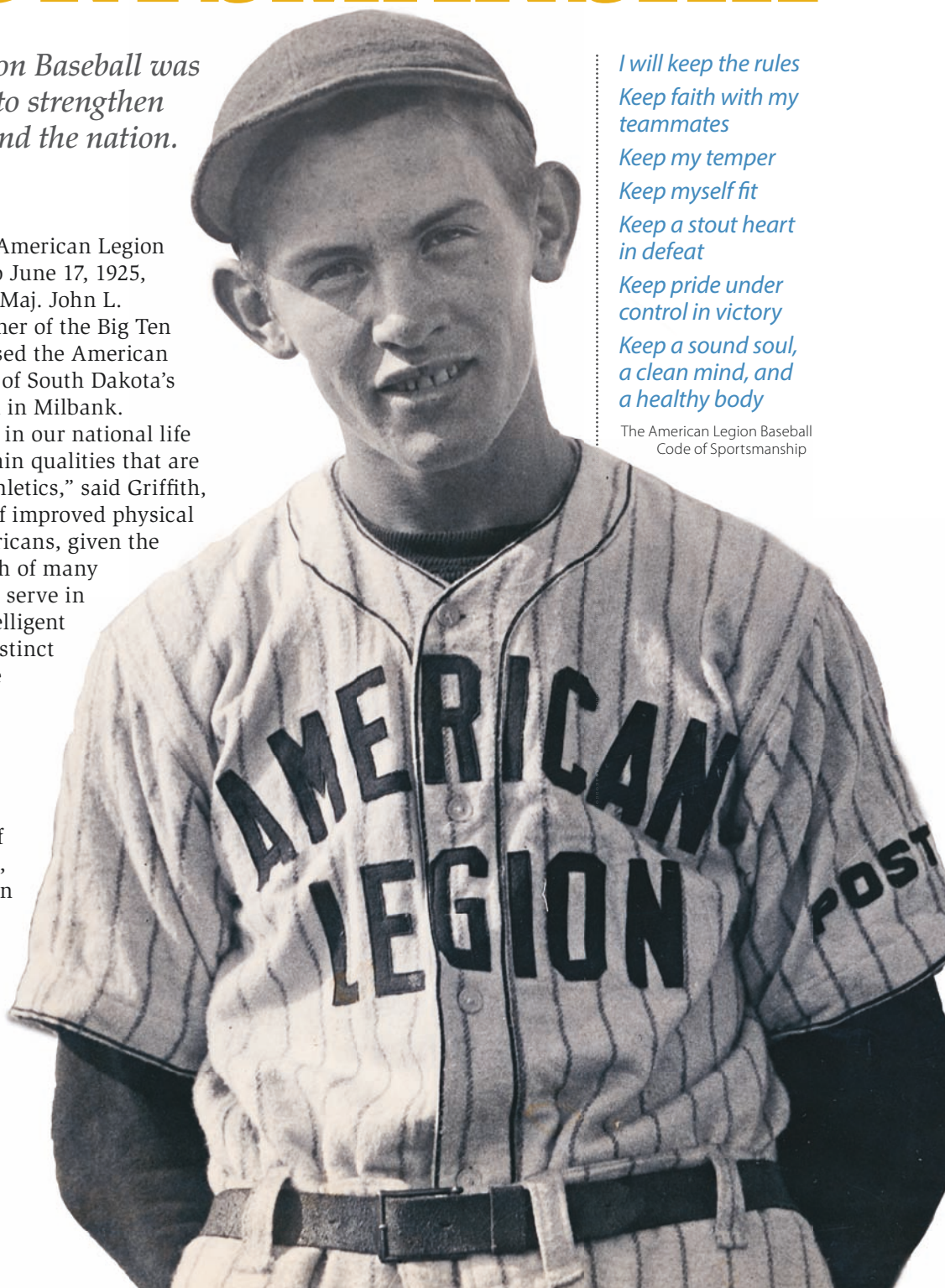
"There is nothing in our national life which stresses certain qualities that are expressed in our athletics," said Griffith, a strong promoter of improved physical fitness among Americans, given the typically poor health of many who had gone on to serve in the Great War. "Intelligent courage, fighting instinct and cooperation are some things which I believe are visibly expressed in our athletic games ... American Legion posts, as a matter of citizenship training, could easily carry on such athletic activities throughout the United States."

Thus was born American Legion Baseball.

The idea quickly advanced to the national stage that

*I will keep the rules  
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*"Intelligent courage, fighting instinct and cooperation are some things which I believe are visibly expressed in our athletic games ... American Legion posts, as a matter of citizenship training, could easily carry on such athletic activities throughout the United States."*

John L. Griffith, speaking to the American Legion Department of South Dakota Convention in Milbank, S.D., June 17, 1925

same year, when the Americanism Commission proposed organizing a Junior All-American Baseball League. Its purpose would be to promote "citizenship through sportsmanship," the commission reported at the Legion's 7th National Convention in Omaha, Neb.

Nearly a century later, American Legion Baseball is one of the nation's most successful and tradition-rich amateur athletic programs, with teams in all 50 states and Canada and many alumni who went on to play college and professional baseball. There are now 81 former American Legion players in the National Baseball Hall of Fame with the inductions of Lee Smith, Harold Baines, Mike Mussina and Roy Halladay in July.

American Legion Baseball is also a champion of equality, making teammates out of young athletes from all socioeconomic backgrounds. The program has been a stepping stone to adulthood for millions of young people who would go on to serve their country, raise families or play the sport at the highest levels.

In the October 1975 *American Legion Magazine*, Major League Baseball Commissioner Bowie Kuhn weighed in on The American Legion's role in shaping character. "On Legion diamonds across the country, these young men are learning not only the skills of baseball but the valuable lessons of sportsmanship, self-discipline, teamwork, courage and integrity which will make them better American citizens."

**'SO TRULY AMERICAN'** Veterans of The American Legion and baseball were a natural fit. During the Civil War, their predecessors elevated baseball from a regional sport to a national pastime. In fact, Cooperstown, N.Y., was selected

as home of the National Baseball Hall of Fame due to the mistaken belief that Civil War hero Abner Doubleday, a resident of Cooperstown, invented the game in 1839.

"Legion Baseball is a part of baseball and its history and its development over time," says Jon Shestakofsky, vice president of communications and education at the National Baseball Hall of Fame and Museum. "We don't just celebrate the Major Leagues. That's why it's so important to us to recognize The American Legion and all they've done to help people. Not everyone who played Legion baseball ended up in the Hall of Fame, but Legion baseball made a huge impact on so many people. The fact that veterans come back from service and want to build up their communities through baseball goes to show what baseball means. It's amazing to see those connections between the great institutions of our American culture coming together to benefit people."

Hundreds of athletes gave up their baseball careers to serve in the armed forces. Sixty-nine veterans from the Civil War, both

world wars and the Korean War are in the Baseball Hall of Fame, 14 of whom were former American Legion Baseball players. Among them was Bob Feller of Iowa, known as the "Heater from Van Meter." Feller started playing baseball on his family farm and by age 12 was good enough to play Legion Baseball. He did so through 1934 and reached the Major Leagues as a 17-year-old before even graduating high school.

Two days after the bombing of Pearl Harbor, Feller enlisted in the Navy – the first Major Leaguer to join the war effort. By doing so, he gave up nearly four seasons of baseball in the prime of his career. But Feller had no regrets. "I'm proud of



Bob Feller of Iowa was a farm boy who could throw a curveball at the age of 8 and played Legion ball at 12. American Legion Archives



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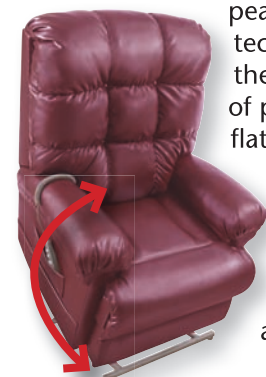


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that decision to enlist,” he said. “I didn’t worry about losing my baseball career. We needed to win the war. I wanted to do my part.”

In 1962, Feller became the first American Legion player inducted into the Hall of Fame. “I may have been the first Legion Baseball graduate in the Hall of Fame,” he said, “but I won’t be the last.”

Feller was a member of Variety American Legion Post 313 in Ohio and served as a Legion baseball chairman in Cleveland.

“What impresses me most about the Legion’s baseball program is that it is so truly American,” he said. “It contains all the principles which are basic to democracy. Here are grown men, soldiers and sailors who have been through wars, handing bats and balls to youngsters so they can play a fun game.”

Hall of Fame catcher Yogi Berra played Legion Baseball for Fred W. Stockholm Post 245 in St. Louis, on a team that reached the regionals in Hastings, Neb. After graduating high school in 1943, Berra joined the Navy and served as gunner’s mate on USS *Bayfield* during the D-Day invasion.

Berra once told *The American Legion Magazine* that he loved American Legion Baseball because he was able to travel with his team as it advanced through the post-season. “I thought, ‘Just think – if you make it to the big leagues, you get to travel to all them cities,’” he said. “I never would’ve left St. Louis without The American Legion.”

Boston Red Sox slugger Ted Williams famously said, “All I want out of life is that when I walk down the street folks will say, ‘There goes the greatest hitter that ever lived.’” The 1960 American Legion Graduate of the Year got his wish.

The only Hall of Famer who fought in two wars, Williams served five years as a Navy and Marine fighter pilot. Years later, he served in Korea as wingman for future astronaut John Glenn.

“He did a great job ... Ted was a gung-ho Marine,” Glenn said of Williams.

Feller, Berra, Williams and thousands of other young men left American Legion ballfields around the country to join the military, but there was a young woman who also served and made national headlines for her Legion Baseball experience.

In 1928, 13-year-old Margaret Gisolo joined the Blanford Cubs, an American Legion team in Indiana. Nicknamed “the girl Babe Ruth,” her eligibility was questioned after Gisolo’s prowess angered a rival team. After consulting Major League Baseball Commissioner Kenesaw Mountain Landis, Legion officials decided Gisolo was eligible to play, “in view of the services of our women in the World War and The American Legion and the American Legion Auxiliary.”

Thanks in part to Gisolo’s outstanding play, the Cubs won the Indiana state tournament and advanced to regionals. “The real benefits by those who participate can never be measured.” Gisolo said after she joined the Navy WAVES during World War II and served as a lieutenant commander.

A baseball given to Gisolo by Landis is on display in the National Baseball Hall of Fame and Museum.



Margaret Gisolo played on the 1928 American Legion Department of Indiana championship team. During World War II, she served in the Navy WAVES.

American Legion Archives



South Carolina Department of Archives and History

## RECORD ATTENDANCE

An estimated 60,000 spectators attended the 1936 American Legion Baseball World Series at Duncan Park Stadium in Spartanburg, S.C., a record that held until 2011 when the series at Shelby, N.C., drew 86,162 fans. The total of 20,000 who attended the 1936 championship contest still stands as an all-time single-game record.



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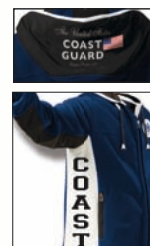
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*Babe Ruth spent the last years of his life as American Legion Baseball director of operations. He toured the country, promoting the program and its values.* American Legion Archives

**PAST, PRESENT AND FUTURE** Babe Ruth was too old to join when Legion Baseball started, but he spent the final years of his life promoting the program as its director of operations. Ruth traveled the country, sharing the values of American Legion Baseball, from the American Legion All-Star Game in Philadelphia to the American Legion World Series in Los Angeles.

The Ford Motor Co., a national sponsor of the program, paid Ruth \$20,000 to promote ALB in 1947 and 1948. He attended tournaments and signed autographs, and in his farewell address at Yankee Stadium was introduced by an American Legion Baseball player as the program's national director. His final promotional visit for Legion Baseball was in Spencer, Iowa, in 1948. A few weeks later, he passed away at 53.

The following year, Past National Commander James O'Neil presented the Distinguished Service Medal to Babe Ruth's widow, Claire, saying, "The kids loved Babe Ruth. They looked to him for encouragement and example, and he never let them down. In the final accounting, I think that will be numbered the greatest record of them all."

When his health had failed and time was short, he became a consultant to American Legion Junior Baseball. His finale came where he wanted it: working with kids who meant so much to him, and to whom he meant nearly everything."

Shelby, N.C., has been host city of the championship series since 2011 and has taken the event to a new level. The city's Keeter Stadium was redesigned, new lights were installed, and attendance records were shattered. The series exceeded 120,000 spectators in 2017 and 2018.

A decade ago, the ALWS was streamed live online for the first time. In 2011, ESPN picked up streaming rights and now broadcasts the tournament live on TV, giving the eight regional champions an opportunity to play on national television on ESPN. In 2018, millions of fans watched two stellar plays from the championship game, which ranked as the top and third-rated plays on ESPN's "SportsCenter."

While most ALB players choose careers outside sports, some of today's biggest stars – including Jacob deGrom, Justin Verlander, Max Scherzer, Bryce Harper, Kris Bryant and Albert Pujols – credit much of their success to their time as Legion Baseball players. "It was a great experience," Pujols said of his ALB experience in Independence, Mo. "It took my game to the next level."

National American Legion Baseball Committee Chairman Gary Stone of Missouri coached Pujols when he played Legion Baseball. Reflecting on the past 100 years of The American Legion, most of which have included ALB as a cornerstone program, Stone says, "We are still teaching the same things. You always have sportsmanship, citizenship and working together for a goal, and that's not going to change."

"That pillar of The American Legion is going to continue. That is what American Legion Baseball is: the best amateur program in the United States."

*Jeremy Field is an assistant editor in the American Legion Media & Communications Division.*



*In 2010, Shelby, N.C., was selected to be host city of the American Legion Baseball World Series. Keeter Stadium was redesigned, and in 2012 the contract was extended to keep the series there.* Photo by Lucas Carter



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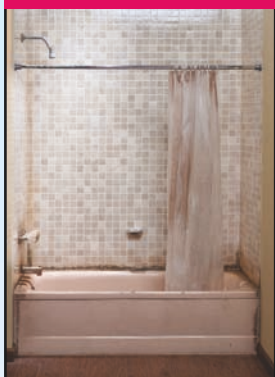


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# LORE OF THE LEGION

STORY: JEFF STOFFER  
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THE YEAR IS 1970. THE VIETNAM WAR, HIPPIES, THE AMERICAN LEGION, ROCK AND ROLL, THE NIXON ADMINISTRATION AND PSYCHEDELIC DRUGS ARE CAREENING TOWARD A SOCIOLOGICAL COLLISION.

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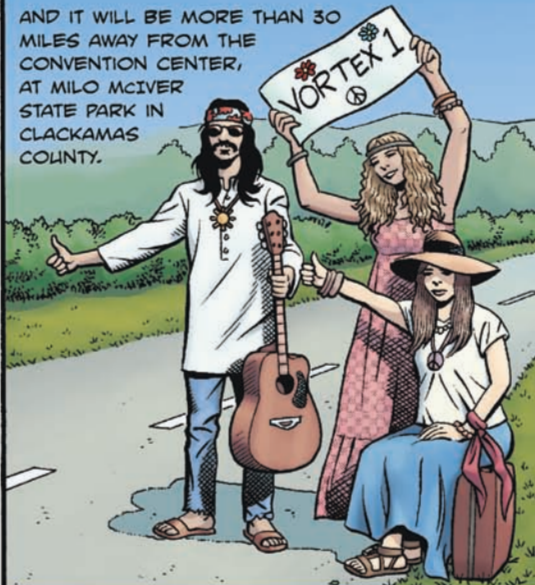


PRESIDENT RICHARD M. NIXON IS SCHEDULED TO SPEAK.

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THE PLAN WORKS. MORE THAN 35,000 WOULD-BE CONFRONTERS FOREGO THE CONVENTION AND MAKE THEIR WAY TO THE FESTIVAL INSTEAD.

AMERICAN LEGION MAGAZINE EDITOR R.B. PITKIN DESCRIBED THE RESULT: "THERE WERE MORE YOUTHS TAKING PART IN THE CONVENTION THAN CONFRONTING IT. THE MAJOR CONSEQUENCE OF THE 'CONFRONTATION' WAS BETTER-THAN-AVERAGE NEWS COVERAGE OF THE CONVENTION IN THE PRESS AND ON TV, AND BETTER KNOWLEDGE OF THE LEGION BY SOME NEWSMEN."



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# MEFLOQUINE MONDAYS

*An antimalaria drug may have inflicted permanent neurological injuries on some servicemembers.*

BY KEN OLSEN

Army veteran Lloyd Duhon of Cape Coral, Fla., has suffered long-term health problems from an antimalarial drug called mefloquine he was ordered to take while serving in Somalia in 1992 and 1993. Photo by Chris Zuppa

In the beginning, Lloyd Duhon blamed his nightmares, nausea and vertigo on Somalia. He and other soldiers from the 10th Mountain Division worked long, hot days during Operation Restore Hope in 1992 and 1993. His symptoms had to be the result of dehydration and fatigue.

The crazy dreams, dizziness and other problems never went away, though. And after losing his home, his family and his business, and attempting suicide three years ago, Duhon concluded that he has permanent neurological injuries from an antimalarial drug called mefloquine he was ordered to take during his deployment. The cruelest irony: the controversial medication, also known as Lariam, failed to protect Duhon. He was twice hospitalized with malaria almost immediately after he returned to the United States. “It’s painful, and it’s horrible,” Duhon says. “Anytime I get any kind of fever today, I really get dragged out.”

There’s another tragic twist for veterans who believe they were harmed by the drug. “We never needed mefloquine,” says Remington Nevin, a preventive medicine physician who served with the 82nd Airborne in Afghanistan. “There have always been safer drugs that did not have these adverse side effects.”

The FDA issued advisories about mefloquine’s side effects over the years, culminating in a “black box warning” in 2013 about the drug’s potential to cause permanent neurological and psychiatric

injuries. DoD now acknowledges the drug can cause long-term health problems and has all but stopped using mefloquine. But VA maintains that there’s little evidence mefloquine issues persist after servicemembers quit taking the medication.

“They get combative,” says Sheryll Lander, who was medically retired from the Army. “They don’t listen. I’m not looking for a check. I just want them to understand what this drug did to me and develop a course of action to help me manage it.”

**GIN AND TONIC** Military commanders have long had to balance the risk of malaria, which still kills nearly half a million people a year, with the side effects of preventive medications. Antimalarial drugs were problematic even before tonic water became a popular way to give people a dose of quinine in the 19th century. Too much quinine, which gives tonic water its bitter taste, is poisonous. So the British invented the gin and tonic. “It was thought someone got drunk on gin before they drank enough tonic to get quinine poisoning,” says Nevin, a Vermont-based physician-epidemiologist and founder of the Quinism Foundation, which supports research and education regarding health problems caused by antimalarial medications.

The Japanese controlled Indonesia, where most of the quinine was grown, during World War II. That prompted the United States to launch a “mini-Manhattan Project” to search for alternatives as it



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**LEFT:** In the decades following his deployment, Duhon, right, experienced nightmares, dizzy spells and depression. Eventually he attempted suicide. VA decided he had PTSD, but his counselor suspected something else was causing his symptoms. Photo courtesy Lloyd Duhon  
**RIGHT:** Sheryll Lander says her post-deployment health problems fit the description of mefloquine-induced illnesses. Photo courtesy Sheryll Lander

prepared for combat in the South Pacific. In the meantime, it resorted to a synthetic quinine-like drug called atabrine, which proved important for winning the war against both malaria and the Japanese. That came with a price.

“We knew that atabrine was quite poisonous,” Nevin says. “We knew it caused night terrors, panic attacks and insomnia.” The military kept that quiet because it feared people would refuse to take atabrine. Indeed, the United States would have lost so many troops to malaria that without atabrine it could not have taken Guadalcanal, Nevin says.

New antimalarial drugs called chloroquine and primaquine were developed during the World War II research program and given to U.S. troops in Korea and Vietnam. “But they had a lot of the same problems as atabrine,” Nevin says. “Everything we’re seeing with mefloquine we were seeing in World War II, Korea and Vietnam.”

Mefloquine came to market in 1989 as a replacement for chloroquine, which was no longer effective against malaria. However, the FDA cautioned people to stop taking the drug if they experienced “acute anxiety, depression, restlessness or confusion.” The drug was widely used by U.S. troops in Somalia in the 1990s, those sent to Iraq until about 2004 and those serving in Afghanistan until about 2013. Soldiers took the medication once a week – a ritual that gave rise to terms like “Mefloquine Monday,” “Whacko Wednesday” and “Psycho Sunday.” And yet there’s often no mention of it in their individual medical records, which is crucial evidence for any future claims.

News reports about mefloquine’s dangerous side effects appeared in the early 2000s. UPI featured Navy veteran Bill Manofsky’s struggles to get medical treatment after taking mefloquine during a

deployment to Kuwait in the run-up to the invasion of Iraq. “I looked like I had Parkinson’s disease,” Manofsky says, recounting some of his symptoms.

Mefloquine was mentioned as a possible cause for a spate of murders at Fort Bragg in 2002. Elspeth Cameron Ritchie, a retired military psychiatrist with expertise in mefloquine issues and PTSD, was part of an outside team investigating why a handful of well-respected soldiers suddenly killed their spouses. While she didn’t think mefloquine was the primary cause for the killings – all the cases involved infidelity and other issues – she became concerned about the drug’s side effects. “I found increasing evidence, both in the literature and anecdotally, of severe neuropsychiatric problems,” says Ritchie, who presented her findings at the Army’s Force Health Protection Conference in 2004.

Ritchie’s concern solidified during a post-Army stint at VA, where she encountered veterans who experienced neuropsychiatric symptoms soon after starting mefloquine. Some had suicidal ideation even when they weren’t depressed, she says.

Growing concern at the FDA and in the medical community prompted the military to effectively stop using mefloquine in about 2013. Other medications – including Malarone and doxycycline – became DoD’s first-line defenses against malaria.

By then, the military had not allowed aviators to take mefloquine for years because of the risk of neurological and psychological side effects. “If we’re not deploying aviators on mefloquine, then why are we deploying tank drivers and riflemen on mefloquine?” Ritchie asks.

One of the reasons may be cost. Malarone, a safer alternative, is about three times as expensive as mefloquine. And the financial burden is borne by the pharmacy at the deploying soldier’s home base.



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**VAGUE NUMBERS** The medical community may be slow to acknowledge mefloquine concerns because no one knows how many users experience chronic neuropsychiatric side effects. “This is a relatively small problem in comparison to the burden of disease from, for example, Agent Orange,” Nevin says. But it’s significant for those who are suffering, particularly because mefloquine poisoning is often misdiagnosed as TBI and PTSD. That means they are far less likely to get effective treatment. “Talk therapy does nothing for mefloquine poisoning.”

Duhon knows this problem firsthand. A civilian doctor loaded him up on Xanax, Wellbutrin, Abilify and other psychotropic medications as decades of depression, dizziness and nightmares wore him down. “It was digging me deeper into a pit,” he says of the drug cocktail.

Duhon lost his computer business, his house and his car. His wife left and took their children. He ended up in a rented room in Orlando, Fla., and survived by replacing credit-card machines at big-box stores like Walmart along with other piece work. He earned \$9,000 that year.

By July 2016, he was too tired to continue and too alone to care. Duhon attempted to overdose on a bottle of Xanax and a fifth of vodka. When that failed, friends and family persuaded him to check into a treatment program at the Tampa VA, where he was weaned off Xanax and the other drugs.

VA decided he had PTSD. Months later, Duhon’s counselor concluded something else was causing his symptoms, because he wasn’t responding to treatment. That led him to the Quinism Foundation and Manofsky, the first veteran to receive a VA disability rating for mefloquine-related injuries.

Manofsky hears lots of stories like Duhon’s in his volunteer work for the foundation. As many as half come from veterans who took mefloquine 25 years ago while serving in Somalia; suicide is frequently on their mind. “All have been misdiagnosed with PTSD, but it’s a physical injury to the central nervous system,” Manofsky says. “VA just keeps saying it’s PTSD and throwing drugs at them.”

**FINDING A FIX** That’s part of Lander’s story. She deployed to Afghanistan in January 2013 – about six months before the FDA issued its black box warning about mefloquine. The Marine Corps unit she was embedded with gave her the medication after she had a bad reaction to doxycycline – one of the alternative antimalarial drugs approved by the military. The only mefloquine warning she recalls receiving was that “if I started to have bad dreams, I should disregard them.”

Stomach cramps that started with doxycycline intensified with mefloquine. “I had to go around base in a way I was always close to a john,” Lander says of her time at Camp Leatherneck. She figured that problem – along with tremors, vertigo, anxiety and depression – were byproducts of the war.

Lander’s primary-care provider diagnosed PTSD once she returned, which didn’t make sense to her. She has mentored soldiers with PTSD and says their symptoms are different than what she experiences. “Do I have some trauma? Yes,” Lander says. “Do I think there’s an insurgent behind every tree and there are IEDs under every overpass? No.”

The Army prescribed PTSD medications anyway. That made her sicker. She quit taking the pills after a year of sitting at her computer, drooling on her keyboard. Then she saw a story in *Military Times* about antimalarial drugs causing brain damage. “The article talked about PTSD misdiagnosis, vertigo, tremors and rage,” Lander says. “By the time I finished reading, I could put a check mark by every one of the mefloquine-induced illnesses.”

The *Military Times* article helped her find Nevin. He found evidence in her medical records that convinced a civilian ear, nose and throat specialist that Lander had central vertigo – a signature mefloquine injury. The Army and VA dismissed that diagnosis, and she was medically discharged for an unrelated injury. “I don’t believe the military or VA is going to acknowledge the problem with this drug,” Lander says.

Going forward, Ritchie says VA should screen veterans for mefloquine use and then follow up on any related medical problems. Nevin would like to see more research on injuries caused by mefloquine and similar antimalarial drugs. He predicts that within a decade, many PTSD and TBI cases will be reclassified as mefloquine poisoning.

Nevin is also concerned about the consequences of a new antimalaria medication called tafenoquine, which military scientists have shown to be even more neurotoxic than mefloquine. Nevertheless, it recently received full FDA approval.

Duhon, meanwhile, is remarried, has a 100 percent VA disability rating and is focused on his children. He’s using physical therapy and yoga to heal, and plans to volunteer to help other veterans.

“I’m having to do a lot of it dragging VA along kicking and screaming,” Duhon says. But he’s optimistic. “I’m on a path to what healing looks like.” 🌿

*Ken Olsen is a frequent contributor to The American Legion Magazine.*



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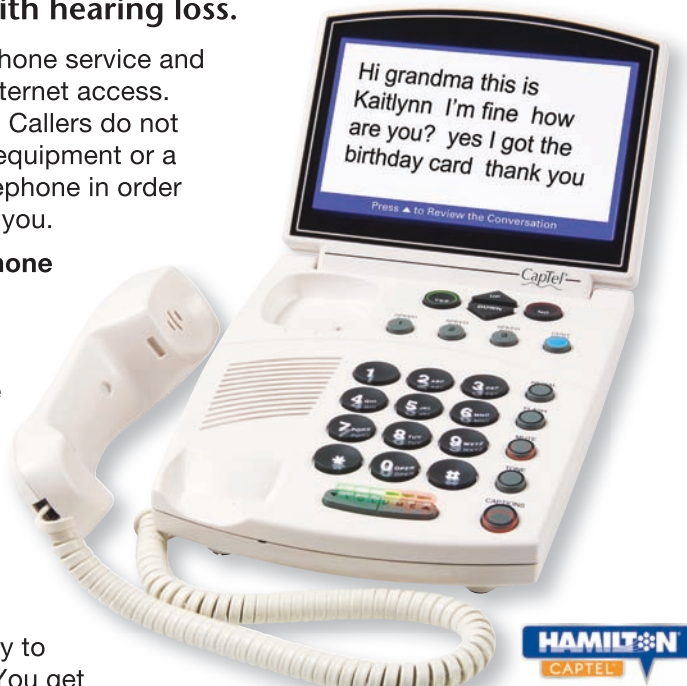
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*Billy Richards, left, carries Old Glory as he runs the Eagle Up Ultra in Fulton Canal, Ohio, on June 8. Richards is attempting to break the world record for the most 100-mile races completed in a calendar year.* Photo by Schelly Stone

# Run. Recover. Repeat.

*New York Legionnaire works toward world record for 100-mile races.*

BY HENRY HOWARD

**B**illy Richards won't quit. It's a trait that served him well as a Marine, and later when he enlisted in the Army.

He is driven to push himself to limits few people comprehend, much less experience. In the service, Richards pushed himself to reach the gold standard for fitness tests. He never considered the baseline passing requirement.

Now Richards, 37, is on a mission to break the world record for most 100-mile ultra marathon races in a calendar year. He's not out to simply run a 100-mile race, or even to do one a month. He's aiming for 43, ahead of the current record of 41.

Richards completed No. 18 in mid-June. During each of the more than 300 overall races he has completed since July 4, 2015, he has carried a 3-foot-by-5-foot U.S. flag the entire way.

"I started carrying the flag as a patriotic gesture for the Fourth of July," he recalls. "It eventually grew into something bigger. People were inspired by it. It motivated them, made them feel patriotic. It became a tradition. I can't do a race without it."

**UNABASHED PATRIOTISM** Richards actively supports today's servicemembers, veterans and law-enforcement officers. As a member of Rusy Bohm American Legion Post 411 in Islip, N.Y., he sees the value in camaraderie. "Once you're in the civilian world, you're on your own. There's nobody telling you how to do anything. You have to go from being part of a machine to being your own machine."

He joined the Marines in October 1999, and was deployed twice to the Mediterranean during his four years. He missed the military lifestyle, so he joined



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**Thomas Roland, M.D.**  
Cochlear Medical Advisor

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**Dr. Roland, a cochlear implant surgeon and medical advisor to Cochlear, the world leader in cochlear implants, answers questions about cochlear implants and how they are different from hearing aids.**

**Q: How are cochlear implants different than hearing aids?**

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**Q: How do I know a cochlear implant will work for me?**

A: Cochlear hearing implant technology is very reliable.<sup>4</sup> In fact, it has been around for almost 40 years and Cochlear has provided more than 550,000 implantable devices, helping people of all ages to lead full and active lives. For many people, cochlear implants may lead to an improvement in quality of life and in overall health.<sup>5,6</sup>

**Q: What does a cochlear implant system look like?**

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*During the week, veteran and ultra marathoner Billy Richards works as a personal trainer at Gold's Gym in Islip, N.Y., inspiring and encouraging other athletes. Photo by Schelly Stone*

the Army in 2009. He served for a few more years and finished up in the 82nd Airborne.

After he left the service, Richards entered fitness competitions, gravitating toward obstacle-course events like Tough Mudders, Spartan Races and anything else that would challenge him. To date, he has competed in nearly 500 athletic events. At nearly all of them, he's carried Old Glory.

In 2016, amid a string of high-profile shootings involving police, Richards launched his public display of patriotism. He traveled to 39 locations, including Baltimore, St. Louis and Baton Rouge, La., and ran around the community, proudly waving the Stars and Stripes. Upon finishing, he presented the flag and a handwritten thank-you note to the local police precinct.

"I had a significant following on the internet, so I decided to show a more positive side of things," Richards says. "My theory was that the community actually supported the police department, the exact opposite of what social media was portraying. I wanted people to get a sense of patriotism, a belief in the country, because I think that's missing nowadays."

**INJURIES AND INSPIRATION** In 2016, Richards started piling on the races. An ultra running race. An obstacle-course event. Every weekend was packed with challenges. "I couldn't believe what I was doing," he says. "I just kept pulling it off."

Like other athletes who push their bodies to

extremes, Richards deals with his share of injuries. Three years ago, he ruptured a biceps tendon during a Tough Mudder, the day after he ran a 15-hour, 100-kilometer race.

Around mile 9 of the Tough Mudder, Richards attempted an obstacle called the Funky Monkey while carrying his 45-pound pack. The obstacle resembles monkey bars that lead to an arm swing and a long pole.

"I made it all the way to the end of the pole, and as I'm taking my left hand off the bar to get it on the final chain, I feel three pops in my bicep," he recalls. "Bicep tendon rips right off the bone. I still finished the obstacle, though. I hung on. I just couldn't move my arm."

A race medic allowed Richards to finish the final 1.5 miles, but told him not to do any more obstacles. Two days later, he had bicep surgery.

That didn't stop Richards. He competed in a couple of races the following weekend. After the second race, a five-miler, Richards was at the finish line – wearing a cast, holding the U.S. flag – when a woman approached him. "She says, 'Because of you, I no longer know the meaning of the words 'I can't.' That played a major role and sparked a fire in me.'"

Three weeks later he ran in an annual four-mile race honoring Navy Lt. Michael Murphy, who posthumously received the Medal of Honor for his actions during Operation Red Wing in Afghanistan.

The four miles wasn't enough for Richards, though. He started the night before, running 50 miles from





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Spanish Harlem to the start line. “My philosophy was, my right arm is down but I still have a left arm to carry the flag and two legs to run with.”

**‘KEEPING HIM IN THE GAME’** During his 100-mile quest, while running at the Peak Ultra in Vermont, Richards injured his shin. The 10-mile loop course on rugged terrain includes a 2.4-mile uphill climb with additional smaller descents and ascents. “There were two very steep downgrades, almost 40 to 50 percent,” Richards says. “I was constantly having to throw on the brakes while going downhill, and that impact is all on the shin.”

After every event, physical therapists help Richards recover and prepare for the next adventure.

“We don’t super-condone 100-mile races every weekend,” says Armand Diesso, owner of Performax. “However, it’s our job to keep him doing it because we’re not looking at an ordinary person. We’re looking at somebody trying to break a world record.”

Diesso and his team work on Richards for an hour twice a week – his back, his shoulders and his legs – using a combination of stretching, blading, cupping and kinesiology tape. On race days they are anxious for updates.

“We’re so invested on a personal level,” Diesso says. “Billy’s a friend, almost family now. It’s tough because clearly this is not good for the human body. It’s something that we don’t really recommend people doing. We’re keeping him in the game as of right now. He does so much for the police and vets. It’s something we’re happy to be a part of as well.”

**DOWN BUT NOT OUT** The shin injury forced Richards out of the Keys Ultra 100-miler in Florida in May, after finishing 65 miles. He skipped a planned race the following weekend, which meant his window for breaking the record has narrowed. Next on the calendar was the Eagle Up Ultra, a 24-hour event in eastern Ohio.

Richards tends to focus solely on the mission at hand. “I just kinda do it. It’s not really something I get that nervous about. It’s such a long event.”

Eagle Up was different. Not only was the ultra a significant test for his shin, but the 24-hour cutoff posed a challenge. Richards doesn’t try to go fast at these events. His goal is to simply finish. His strategy for Eagle Up was to finish 50 miles in about 10 hours, then do more walking in the second half. After all, he had another 100-miler the following weekend.

Richards met his goal for the halfway point. On his final loop, he walked four of the final five miles, averaging an 18-minute pace, finishing with 10 minutes to spare.

“I’m a little surprised I pulled it off,” he said after the event. “I was nervous about the shin.”

**INSPIRING OTHERS** After recovering from races, Richards climbs into his car or heads to the airport to fly home to Long Island. Working full time as a personal trainer at Gold’s Gym in Islip, he has a packed schedule, seeing clients starting at 5 a.m. Monday and going through Friday morning. Then Richards heads off to another race weekend – but not before he’s inspired, pushed and encouraged his clientele.

Cody Milne is among the athletes Richards trains. He remembers when they met at a Spartan Sprint race in New York.

“I just crossed the finish line, turn around and see this big guy,” Milne says. “He’s got a giant backpack on. He’s holding the American flag real high, and he runs and he jumps right over the fire.”

Milne immediately signed up to be trained by Richards, who he calls “superhuman.”

At that time, Milne was about 185 pounds with 25 percent body fat. Now, two years later, he has muscular definition, weighs 170 pounds and has 10 percent body fat. “It’s awesome. I feel great,” says Milne, 30. “I’m in better shape than I was when I was 18 and played lacrosse year-round.”

Richards has also convinced Milne that he is capable of more than he ever thought possible. For example, he completed the World’s Toughest Mudder, a 24-hour obstacle course event near Las Vegas. Before the race, Milne’s longest event was 15 miles. He finished with 65.

“He’s very inspiring,” Milne says of Richards. “We went through a lot of different training and talking about how to get through the night. You just have to keep focusing on what’s next. You can’t focus on the big picture. That helped tremendously.

“In a 24-hour endurance race, you go into some dark places. Sometimes my headlamp literally didn’t work, and it was pitch-black in the desert. A lot of what Billy said helped me get through it.”

The inspiration goes both ways.

“A lot of people draw strength from what I do, but they are also a source of motivation,” Richards says. “I feel that if I quit, I let them down. And since I carry the flag, I feel that if I lose, America loses.” 🌿

*Henry Howard is deputy director of the American Legion Media & Communications Division.*

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The American Legion and Student Veterans of America hosted a reception celebrating the GI Bill's 75th anniversary at the U.S. Capitol in Washington, D.C., on June 19. Guests included Speaker of the House Nancy Pelosi, D-Calif., and Rep. Phil Roe, R-Tenn., ranking member of the House Committee on Veterans' Affairs. Photo by Holly K. Soria

## CENTENNIAL

# The Greatest Legislation turns 75

The American Legion's multimedia GI Bill exhibit continues to travel the country in support of the organization's 100th anniversary, including two big stops in Wildwood, N.J., and Washington, D.C.

On June 19, hundreds gathered on Capitol Hill to help The American Legion and Student Veterans of America celebrate the 75th anniversary of the signing of the Servicemen's Readjustment Act of 1944. Rep. Phil Roe, R-Tenn., ranking member of the House Committee on Veterans' Affairs, read every panel of the exhibit, titled "The Greatest Legislation: An American Legion Centennial Salute to the GI Bill."

"Nurses, doctors – at least a third of the doctors in 1950 were trained by the GI Bill," Roe said. "Twenty-five million of our citizens used that to make our country a better place." He added that the Post-9/11 GI Bill "will be as transformational as the World War II GI Bill was."

Student Veterans of America President and CEO Jared Lyon saluted World War II veterans who used the GI Bill to drive the U.S. economy in the second half of the 20th century. He said that nearly 77 percent of post-9/11 veterans today are pursuing college degrees or already have them because of the GI Bill. "We are coming home, succeeding and thriving. We have the potential of being the next greatest generation."

Speaker of the House Nancy Pelosi, D-Calif., attended the reception and agreed that the GI Bill is a continuous process, one war era to the next, a key message of the traveling centennial display. "The veterans of World War I were instrumental in helping the veterans of World War II. The veterans of World War II were instrumental in helping veterans of subsequent wars. Isn't that the way it should be?"

A week earlier, New Jersey Legionnaires welcomed the GI Bill exhibit to their summer convention, where National Commander Brett Reistad reflected on how early critics of the legislation were proven wrong.

"Not only was this initial investment a cost of war – in other words, payment to those who gave so much – but it paled in comparison to the higher tax revenue gained from an educated working class and a housing boom that came as a result of millions of new homeowners, courtesy of the GI Bill," he said. "It was an investment that paid off big-time."

Wilmington VA Medical Center Director Vince Kane, whose father was a World War II veteran who used the GI Bill, called it "a tool that allowed (the greatest generation) to lead our country in a totally new, different and vitalized direction. We would not be here today without this bill." He added, "The best benefit of the GI Bill is what it's done for the generations to come. We can never repay their debt, but if we work together, we can ensure they are that generation that makes the next generation better."



Photo by Holly K. Soria

"I thought long and hard on how to reprogram my brain ... My idea was to return to school and learn the coding language. Having a degree would soon open so many doors for me."

**Carl Kuykendall**, American Legion Department of Oklahoma adjutant and Iraq War Army veteran

"I never would have been able to go back to college and support my children without the GI Bill."

**Virginia Russell**, an Air Force veteran and single mother who earned an accounting degree and worked for the IRS for 28 years

"It allowed me to go to Palmer College of Chiropractic and covered my four years of professional training. In August I will be at Palmer in Davenport, Iowa, celebrating my 50th year in practice."

**Edward Sullivan**, Headquarters Post 211, Centennial, Colo.



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Soldiers of the 101st Airborne Division (Air Assault) change the direction of their M777 howitzer at Kara Soar Base, Iraq. Advise-and-assist teams supported Iraqi security forces in the fight against ISIS by sharing intelligence and helping them develop security strategies and targeting plans. U.S. Army photo by Sgt. Paul Sale

#### BY THE NUMBERS

## Operation Inherent Resolve tally

**110,000+** Weapons released by the United States and its coalition partners in Operation Inherent Resolve (OIR) targeting the Islamic State in Iraq/Syria (2015-2019)

**33,780+** Sorties in Iraq/Syria with at least one weapon released (2015-2019)

**42,471** Square miles liberated

**7.7 million** People liberated from ISIS

**70,000+** ISIS fighters killed in Iraq/Syria

**68.4** Percent of airstrikes conducted by the United States

**74** Nations contributing to the anti-ISIS coalition

**17** U.S. troops and DoD civilians killed in action fighting ISIS

**60** U.S. troops and DoD civilians killed in support of OIR

Sources: Military Times, Airwars.org, DoD, Central Command, Air Forces Central Command, White House

#### ACTIVE DUTY

## Navy fleet to hit 300

The Navy will eclipse the 300-ship mark by next year, *Defense News* reports.

It will mark the first time the Navy will have more than 300 ships in its active fleet since 2002, when 313 vessels were in service. *Defense News* calls the Navy's sprint to 300 "a big step toward its current goal of 355 ships and a sign the service, after decades of contraction, is growing yet again."

The Navy plans to expand its roster of active-duty personnel next year as well, from 332,904 sailors to 340,500. The Navy expects to have 314 ships by 2023.

#### ACTIVE DUTY

## Pentagon pushes out nondeployable troops

The Pentagon's "deploy or get out" policy, designed to decrease the number of nondeployable troops in uniform, has booted nearly 21,000 troops from the ranks, *Marine Corps Times* reports. The policy went into effect last summer and was strongly advocated by then-Secretary of Defense James Mattis. Through the program, the Pentagon aims "to boost readiness of the force by pushing out individuals who have been nondeployable for 12 months," the *Times* adds.

#### VERBATIM

**There is no monitoring ... Our knowledge is very limited and only based on human intelligence and maybe some signal intelligence.**

**Olli Heinonen**, former deputy director-general for safeguards for the International Atomic Energy Agency (IAEA), on lack of investigation into Iran's missile-delivery systems. Heinonen says Iran could be hiding as many as five underground nuclear sites, and could gather enough material to build a nuclear weapon in six to eight months.



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### LEGIONNAIRES IN ACTION

Photo courtesy American Legion Post 206

## HONOR RESTORED

### New American Legion post in Seattle cleans thousands of veteran headstones.

When Jordan Houghton visited Evergreen Washelli Cemetery in northwest Seattle in April, he saw veterans' headstones covered in road grime, moss and other debris. So the former Army combat medic and Afghanistan veteran mobilized members of William C. Stacey American Legion Post 206 in Seattle.

Using power washers, brushes and backbreaking labor, the Legionnaires are going row by row, headstone by headstone, restoring this sea of white markers. By late June, a handful of volunteers had cleaned nearly 2,000 of some 5,000 veteran headstones. It's slow going, but speed is not the objective. "There's no point in doing it quickly and not doing it well," he says.

Families of the fallen are noticing their work. "It really meant a lot to me to see what you were doing," Naomi Sexton wrote in a thank-you note that included a newspaper clipping and pictures of her brother, Doyle Smith, who was killed in Korea in September 1950 while helping a wounded comrade. Other families stop to thank the Legion volunteers in person while they are cleaning headstones.

Evergreen Washelli officials say Post 206's offer of help came just as cemetery staff was dealing with equipment breakdowns and the month-long push to get the grounds in order for Memorial Day ceremonies. "It was really great that Jordan reached out to us," says Brenda Spicer McCoy, cemetery office manager.

The cemetery was established in 1884. General manager Clinton Harley, a Spanish-American War veteran, set aside a large section for veterans and spouses in 1927. The goal was to make it the "Arlington of the West," according to the Evergreen Washelli website. The American Legion donated a flagpole, and the body of World War I veteran Thomas McElderry was reinterred here as part of the cemetery's 1927 Memorial Day ceremony, an annual event that continues today.

Although the 5,000 plots in the veterans section were filled about a decade ago, families continue to bury loved ones who served in the military in other parts of the cemetery. All told, there are more than 8,000 veterans buried at Evergreen Washelli.

Houghton found the headstone of a World War I Army nurse, who may be one of the first females to serve in combat, as well as a soldier who served in World War II, Korea and Vietnam. Joey Hernandez feels a bit of kinship when scrubbing the markers of fellow Navy combat veterans, and says he has been captivated by the stories of the Medal of Honor recipients buried here.

"I want people to know that we're not just sitting around," says Hernandez, who serves as Post 206's senior vice commander as he juggles two day jobs, college and family. "We're out trying to make a difference for veterans and for our community."

– Ken Olsen



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## HONOR &amp; REMEMBRANCE

## Bladensburg memorial ruling ‘victory for freedom’

The Bladensburg World War I Veterans Memorial isn't going anywhere.

In a landmark victory for The American Legion, the Supreme Court ruled 7-2 on June 20 that the 40-foot memorial can remain on public land in Prince George's County, Md.

"This was not just about a single cross," American Legion National Commander Brett Reistad said. "This was about the right of a community to honor its fallen heroes. And that's why the World War I veterans of Bladensburg sacrificed their lives, to protect the freedom of others."

In 1925, The American Legion and Gold Star Mothers erected the memorial as a tribute to 49 Prince George's County veterans who died during World War I. The cross shape was selected by the Gold Star Mothers to represent their sons' resting place in Europe.

For decades, the memorial stood peacefully until the American Humanist Association filed suit, claiming the memorial violated the First Amendment. The Bladensburg memorial was funded privately and the property where it stands was in private hands when it was erected. However, now it sits on land owned by the Maryland-National Capital Park and Planning Commission, a governmental agency.

"The American Legion does not consider these crosses which honor so many veterans to be religious memorials," Reistad said. "Even if they were, freedom of religion is also a cherished right protected by our First Amendment. Americans can feel more confident today that veterans memorials, cemetery headstones and patriotic monuments throughout our country are safer as a result of this ruling."

The American Legion was represented at the Supreme Court by the legal teams at First Liberty Institute and Jones Day. Aligning with them was the State of Maryland, which owns and maintains the memorial.

"This is a landmark victory for religious freedom," said Kelly Shackelford, the president, CEO and chief counsel to First Liberty. "The days of illegitimately weaponizing the Establishment Clause and attacking religious symbols in public are over."

Justice Samuel A. Alito Jr. wrote the majority opinion. "The cross is undoubtedly a Christian symbol, but that fact should not blind us to everything else that the Bladensburg Cross has come to represent," he wrote. "For some, that monument is a symbolic resting place for ancestors who never returned home. For others, it is a place for the community to gather and honor all veterans and their sacrifices for our nation. For others still, it is a historical landmark. For many of these people, destroying or defacing the cross that has stood undisturbed for nearly a century would not be neutral and would not further the ideals of respect and tolerance embodied in the First Amendment."

— Henry Howard



## VERBATIM

The Iraq War veteran has served and surpassed, at times, the highest standards of American warrior tradition among any generation. We have nothing to apologize for. We serve our country. We do what our leaders tell us to do.

**Army Staff Sgt. David Bellavia**, who became the first living Medal of Honor recipient for the Iraq War at a White House ceremony on June 25, 15 years after his heroic actions during the Second Battle of Fallujah in 2004. As a member of Alpha Company, 2nd Battalion, 2nd Infantry Regiment, 3rd Brigade Combat Team, Bellavia saved his entire squad after being pinned down by enemy fire coming from a block of houses. The award is an upgrade from the Silver Star he previously received for his actions.

Photo courtesy U.S. Army



## FOREIGN AFFAIRS

## Putin's tombstone

In a sign of growing, albeit anonymous, discontent with the long reign of Russian strongman Vladimir Putin, mock gravestones bearing Putin's name and image are appearing in cities across Russia, Radio Free Europe/Radio Liberty reports.

The "tombstones" are similar to political yard signs in the United States. They include Putin's full name, year of birth and 2019 as his year of death. The signs read, in Russian, "Incredible thief and liar. Political corpse."

The mock gravestones have been spotted in at least eight cities since March.



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### NATIONAL CONVENTION

## Centennial celebration continues in Indianapolis

Continuing The American Legion's centennial celebration, the opening ceremony of the 101st National Convention in Indianapolis on Aug. 27 will honor the history of the organization's first 100 years while looking toward the next century. There is still time to arrange to come to Indianapolis for the convention, as the event will be one to remember. Contact your department adjutant for more information.

### WATCH CONVENTION ONLINE

The convention page on The American Legion's national website ([legion.org/convention](http://legion.org/convention)) has information and resources regarding the Legion's biggest annual event, as well as the latest stories and news. Several convention events will stream live at [legion.org](http://legion.org) and [facebook.com/americanlegionhq](https://www.facebook.com/americanlegionhq); video will be available for playback later at [legion.org/legiontv](http://legion.org/legiontv). Events (Eastern time) include Color Guard contests, 4 p.m. Aug. 23; the Band Contest, 1 p.m. Aug. 24; the Patriotic Memorial Service (featuring the Indianapolis Women's Chorus), 11 a.m. Aug. 25; General Session, Day One (featuring the 38th Infantry Division Band performing the national anthem), 8 a.m. Aug. 27; General Session, Day Two, 8 a.m. Aug. 28; and General Session, Day Three, 8 a.m. Aug. 29.

### WNBA FEVER BASKETBALL AMERICAN LEGION FAMILY NIGHT

The Indiana Fever take on the Las Vegas Aces at 7 p.m. Aug. 27 at Bankers Life Fieldhouse in downtown Indianapolis. The American Legion Family, and the Legion's centennial, will be acknowledged at halftime. The ticket deadline is Aug. 5.

[legion.org/convention/resources](http://legion.org/convention/resources)



Photo by Schelly Stone



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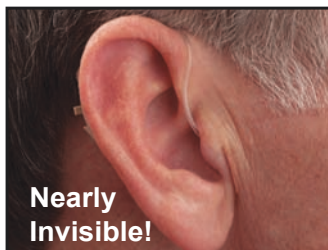
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A study by the National Institute on Aging suggests older individuals with hearing loss are significantly more likely to develop Alzheimer's and dementia over time than those who retain their hearing. They suggest that an intervention — such as a hearing aid — could delay or prevent this by improving hearing!

### Try It Yourself at Home 45-Day Risk-Free Trial

Of course, hearing is believing and we invite you to try it for yourself with our RISK-FREE 45-day home trial. If you are not completely satisfied, simply return it within that time period for a full refund of your purchase price.

#### Compare MDHearingAid to High-Priced Store-Front Clinics

FEATURES	MDHearingAid® >>>	Hearing Aid Clinic
FDA-Registered Hearing Aid	Yes	Yes
Feedback Cancellation	Yes	Yes
Speech Enhancement Noise Reduction	Yes	Yes
Appointments Needed	None	3-4
Phone Support and 24-7 Email Support	Yes	NO
45-Day Risk Free Trial	Yes	Rarely
100% Money Back Guarantee	Yes	Rarely
1-Year Supply of FREE Batteries	Yes	Rarely
Time to Receive Your Hearing Aids	Just 1-5 DAYS	3-5 WEEKS
Hearing Aid Price	\$199.99	\$2,400+

#### Buyers Agree, “MDHearingAid is the Best Value!”

*“I am hearing things I didn't know I was missing. Really amazing. I'm wearing them all the time.”*

— Linda I., Indiana

*“Almost work too well. I am a teacher and hearing much better now.”* — Lillian B., California

*“I would definitely recommend them to my patients with hearing loss.”*

— Amy S., Audiologist, Indiana



## MDHearingAid® >>>

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**Use Offer Code JN52 to Get FREE Shipping and FREE Batteries for a Full Year!**



## TROOP SUPPORT

## 'We wouldn't be here without the Legion'

His military career cut short by multiple injuries, Army Ranger Jesse Sage didn't handle his transition to the civilian world well after being medically retired in 2015.

"It's been pure hell," said Sage, 41, who deployed 10 times to Iraq and Afghanistan with the 101st Airborne Division and 3rd Ranger Battalion. "Losing the connection, that brotherhood, was very tough for me. I started using alcohol and prescription drugs poorly to cope with that stuff, and really struggled for about two years."

Sage is in a better place now, but continuing to heal means connecting with others who served. In June, he joined more than 100 wounded veterans in Marblehead, Ohio, to fish Lake Erie as part of the eighth annual Walleyes for Wounded Heroes.

Priority is given to Purple Heart recipients, though veterans rated 50 percent disabled or higher by VA and those with a DD-214 showing a debilitating injury occurring in training or other non-combat operations also are eligible. Veterans pay nothing, thanks in part to American Legion grants to Walleyes for Wounded Warriors since 2014. This year's grant of \$16,000 covered lodging, as well as breakfast and lunch each day.

*Walleyes for Wounded Heroes is a four-day fishing trip supported by grants from the Legion's Operation Comfort Warriors program.* Photo by Schelly Stone



"Honestly, we wouldn't be here without The American Legion," said Charles Reed, director of Kentucky Wounded Heroes, the event's co-sponsor. "We would have maybe 12 to 15 folks ... we would not be at this location, I'll tell you that."

Veterans arrived June 19 at Little Ted's Cottages and Family Resort and enjoyed a dinner of fried perch and walleye. The opening ceremony included a color guard for the Ohio Department of Natural Resources Division of Wildlife, honoring a Gold Star Family.

For Jimmy Cantrell, who served in Operation Just Cause in Panama and later in Desert Storm, the event is an opportunity to connect with other veterans.

"What's made me impressed is the people, the attitude, the thankfulness, the appreciation and everything they've put forward to do this," he said.

— Steven B. Brooks

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The INOGEN ONE may be approved for Medicare coverage.

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines**. Call today to see if you're pre-approved to have Medicare cover the cost of your portable oxygen concentrator.

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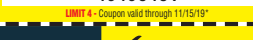
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### 18" x 12" MOVER'S DOLLY

Customer Rating  
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MODEL: HOPFDOLLY

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## CAREERS

## Five steps to a successful job search



To successfully manage your job search campaign, integrate these five steps into your strategy and action plan:

▪ **Be clear about your job objectives.** The clearer you are in communicating who you are, what you do and how well you do it, the easier it is for hiring managers to understand your

value to their organization. You will be much more successful in your search if you know the types of positions you're targeting, rather than just looking for a job. When your objective is clear, you know what to showcase most prominently about your work and education.

▪ **Write keyword-rich content.** Chances are your résumé will be scanned by an Applicant Tracking System (ATS). The backbone of these systems is keywords – the words that recruiters use to identify qualified applicants. If your résumé is filled with words essential to your targeted positions, you'll probably be selected. Without those words, you're almost certain to be overlooked. Use job postings, company websites and other online resources to identify keywords for the jobs you're targeting.

▪ **Be visible online.** If you're not using LinkedIn, Facebook, Twitter and other online platforms as an integral component of your search, you're missing out. Use these to identify job opportunities, research companies, engage in online discussions, find recruiters and, most importantly, build your professional identity.

▪ **Networking is No. 1.** The process of job search has changed dramatically over the past decade, due in large part to the internet. However, networking with your colleagues, friends, family and others still remains the No. 1 strategy to identifying job opportunities. The tools of networking have changed (e.g., LinkedIn, Facebook), but the underlying strategy of networking is still the most powerful approach to a job search and success.

▪ **Tell your story.** Whether writing your résumé, reaching out to a network connection or interviewing for your dream job, it's important that you always tell your story. It's so much more than just your job experience and qualifications (although they are a core component). Your story also includes your key differentiators, successes, characteristics, personal attributes and experiences ... the brand that is you.

Wendy Enelow is co-author of "Modernize Your Résumé: Get Noticed ... Get Hired" and "Expert Résumés for Military-to-Civilian Transitions."

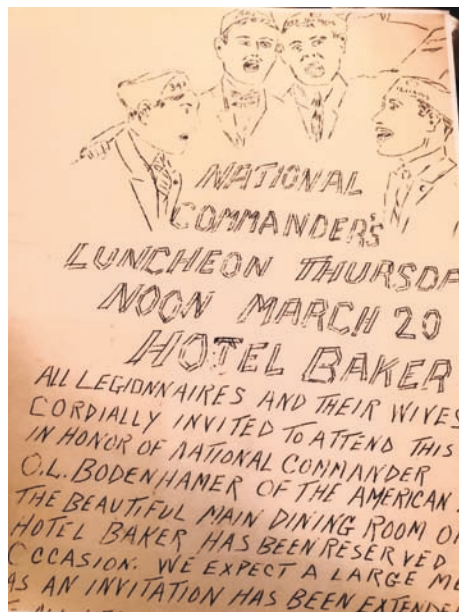


Photo courtesy Post 342 history page

## CENTENNIAL

## Post 342, St. Charles, Ill.

On March 20, 1930, members of Post 342 and their spouses attended a formal luncheon in honor of visiting American Legion National Commander O.L. Bodenhamer, at the local Hotel Baker. An invitation was also extended to the post's Auxiliary unit. In the post's archives is a promotional flyer, hand-drawn by a post member.

## SHARE YOUR POST'S LEGACY

Upload stories, photos and videos of your American Legion post's history.

[legion.org/centennial](http://legion.org/centennial)

## EDUCATION

## DoD changes policy on GI Bill benefits transfer



**Q:** I am currently on active duty in the Army. I recently met the man of my dreams, and we plan to marry in October. I have heard there are changes regarding transfer of benefits, though. Will it still be possible to transfer my benefits to my spouse?

**A:** The Department of Defense allows servicemembers to transfer their Chapter 33 benefits to a spouse or dependent

children. In order to transfer, you must be on active duty at the time of the transfer, must serve at least six years, and must agree to serve an additional four years.

Effective July 12, 2019, though, members with more than 16 cumulative years of active-duty service will no longer be eligible to transfer their benefits. Prior to that date the additional four years could have been waived, but the new policy will end the exceptions. This means you must commit to an additional four years, if you have fewer than 16 years of service, to transfer your benefits.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. [askvalerie@legion.org](mailto:askvalerie@legion.org)



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## PERSONAL FINANCE



## Six money questions you should answer

## FOCUS ON FINANCES



J.J. MONTANARO

Last spring, at the end of her school year, my daughter was preparing for a final exam. She was nervous, and I reassured her that all the work she had done over the course of the semester was going to pay big dividends. I emphasized that the test was simply going to be a recap of stuff she already knew.

Refresh a bit, and it would be a piece of cake. She already had all the answers.

Do you?

When it comes to money, you may not have learned the answers you need during your formal education or in any class you've taken – and there definitely won't be a written test. However, some principles of personal finance should be second nature.

Ready for a pop quiz? Here are six questions you should be able to answer off the top of your head.

■ **What's your number?** A million? Two million? Five? How much do you need for a financially secure retirement? Your number should be enough to cover your anticipated expenses, less the guaranteed income from sources like military retirement, annuities and pensions that you can count on. The average Social Security benefit is around \$17,000 a year, and I'd encourage you to leave it out of your calculations. I'm not saying it won't be there, just that I'd rather have it be the icing, not the cake – as it is for too many Americans.

■ **Who's up next?** This question means different things to different people. If you're a young parent, it might be about who will take care of your kid(s) if you're gone. It might be who you have named to act as your agent in a power of attorney. Perhaps it's the successor trustee of your trust. Who will make medical decisions if you can't? In any case, you shouldn't hesitate with your answer.

■ **What happens if I get sued?** You only need to watch TV for a few minutes to understand that a lawsuit could be right

around the corner. Lawyers are lined up to make it happen, and are clearly doing OK since their advertisements fill our airwaves. You can (and should) be careful, mitigating risks by practicing healthy behaviors like putting the phone away while you drive. But if you are sued, is your liability insurance adequate? If you're asking "What liability insurance?", there's a problem. Your liability insurance included within your homeowners and auto insurance provides a first line of defense if you are sued as the result of something happening at home or on the road. A personal umbrella policy may be a good addition to the base coverage offered in your other insurance.

■ **How is health care funded?** Whether you're trying to decide between a high-deductible health plan paired with an HSA through your employer, pondering coverage between retirement and Medicare eligibility or lobbying your congressional representatives to keep their promise by halting hikes to TRICARE retiree benefits, health care is a game-changer. You don't want what many health experts estimate as a quarter-million-dollar retirement expense to be a surprise.

■ **How's my portfolio allocated?** Too often, when I ask this question of friends, coworkers and people I meet in my line of work, I get a deer-in-the-headlights response. We are in a 10-plus-year bull market. If you haven't periodically rebalanced, it's very possible that your portfolio is much more aggressive than is comfortable. I'm not predicting a bear market tomorrow, but it will happen.

As it turns out, my daughter aced her exam and has moved on to nursing school. I haven't run these questions by her, but you can be sure I'm laying the groundwork for all my kids to knock these questions out of the park. You should be able to handle them, too.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

[legion.org/usaa/focusonfinances](http://legion.org/usaa/focusonfinances)

## BY THE NUMBERS

## Memorial mistakes

**3** Times one serviceman is listed on the Vietnam Veterans Memorial Wall

**13** Servicemen whose names are etched on the memorial twice

**25** Surviving servicemen whose names were mistakenly listed

**58,390** Names on the Wall

**58,276** People those names actually represent

Sources: Vietnam Veterans Memorial Fund, Stars and Stripes



Photo by Alex Wroblewski



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freedom and fun*



The Zinger folds to a mere 10 inches.

# “With my Zinger Chair, I can go anywhere and everywhere I want!”

More and more Americans are reaching the age where mobility is an everyday concern. Whether from an injury or from the aches and pains that come from getting older—getting around isn't as easy as it used to be. You may have tried a power chair or a scooter. The **Zinger** is NOT a power chair or a scooter! The **Zinger** is quick and nimble, yet it is not prone to tipping like many scooters. Best of all, it weighs only 47.2 pounds and folds and unfolds with ease. You can take it almost anywhere, providing you with independence and freedom.

*I can now go places and do things that I wasn't able to go or do before. It has given me a new lease on life and I am so happy I found it!*

*—Dana S., Texas*

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## How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information via our website, [www.legion.org/reunions](http://www.legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

## Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

## AIR FORCE / ARMY AIR FORCES

**AF OCS (1942-1963)**, Colorado Springs, CO, 9/19-23, Dave Mason, (757) 820-3740, [blokemason@gmail.com](mailto:blokemason@gmail.com); **Army Air Corps WWII Pilots & Air Crews**, St. Louis, 10/16-20, Tom Loveless, 9973 W. 86th Ave., Arvada, CO 80005, [bobford@cableone.net](mailto:bobford@cableone.net); **C7A Caribou Assn (Vietnam)**, Golden, CO, 9/4-8, Pat Hanavan, (303) 279-9100, [athanavan@aol.com](mailto:athanavan@aol.com)

## ARMY

**1st Inf Div**, Baltimore, 8/7-11, Tyler Bush, (618) 553-1522, [shrub62454@gmail.com](mailto:shrub62454@gmail.com); **20th Eng Bde & Assigned Units**, Neenah, WI, 9/17-21, Art Halmstad, (920) 738-5326; **57th Eng Co (HM) (Kaiserslautern, Germany, April 1968-March**

**1970)**, Al Turner, (989) 873-5256, [pal@tdi.net](mailto:pal@tdi.net); **167th Sig Co (RR)**, Vicksburg, MS, 10/13-17, Chuck Widener, (309) 547-2579, [catwide53@gmail.com](mailto:catwide53@gmail.com); **509th Eng Co Panel Bridge (Vietnam, 1965-1971)**, St. Robert/Fort Leonard Wood, MO, 10/23-26, Jerry Sexton, (405) 373-0354, [lindasexton@sbcglobal.net](mailto:lindasexton@sbcglobal.net); **529th Ord Co/564th MP Co (Massweiler/Pfalz, Germany)**, Detroit Lakes, MN, 8/15-19, Thomas Frank, (218) 847-6274, [tacfrank@gmail.com](mailto:tacfrank@gmail.com); **630th Eng (LE) Co (Vietnam)**, Branson, MO, 9/19-21, Cecil Brown, (731) 415-6460, [ceclnbrown@charter.net](mailto:ceclnbrown@charter.net); **Assn of 3D Armd Div Veterans**, New Orleans, 11/7-10, Larry Klausner, (847) 421-9585, [larrymgdlite@gmail.com](mailto:larrymgdlite@gmail.com); **Kang Wha Do Veterans (226th & 277th USASA)**, Dayton, OH, 10/18-20, Kevin Meyers, (603) 883-3204, [piperkevin2002@yahoo.com](mailto:piperkevin2002@yahoo.com)

## JOINT

**Iwo Jima Assn of America (IJAA)**, Arlington, VA, 2/25-29, Art Sifuentes, (703) 212-8128, [rsifuentes@iwojimaassociation.org](mailto:rsifuentes@iwojimaassociation.org)

## MARINES

**Mike Co 3rd Bn 7th Mar 1st Mar Div**, Branson, MO, 10/9-13, Vernon Wright, (816) 294-0459, [teresa.wright81@yahoo.com](mailto:teresa.wright81@yahoo.com)

## NAVY

**Agerholm DD 826**, Pensacola, FL, 10/17-20, Don Baldwin, (618) 599-5972; **Basilone DD 824**, Atlanta, 9/23-28, Fred Gehrisch, (678) 780-9403, [fgehrisch@charter.net](mailto:fgehrisch@charter.net); **Blue DD 744**, Washington, 9/19-22, Dennis Kearns, (845) 565-4061, [dd744blue@yahoo.com](mailto:dd744blue@yahoo.com); **Bristol DD 857**, Lancaster, PA, 9/23-27, Paul Ratcliffe, (973) 309-4040, [pd\\_ratcliffe@msn.com](mailto:pd_ratcliffe@msn.com); **Constellation CV 64**, El Paso, TX, 10/21-26, Elias Camancho, (915) 843-6889, [ecam\\_acho@yahoo.com](mailto:ecam_acho@yahoo.com); **Doyle FFG 39**, Atlantic Beach, FL, 10/18-20, Brian Bream, (612) 481-2656, [navychief52@hotmail.com](mailto:navychief52@hotmail.com); **Epperson DD 719**, Warwick, RI, 9/4-8, Sam White, (906) 635-5993, [sammnar.white@gmail.com](mailto:sammnar.white@gmail.com); **Fiske DD/DDR 842**, Saratoga Springs, NY, 9/24-26, Bob Mitchell, (518) 791-0909; **Guam LPH 9**, Las Vegas, 9/22-27, Allan Getter, (619) 857-5992, [g2121@cox.net](mailto:g2121@cox.net); **Keppler DD 765**, Cocoa Beach-Port Canaveral, FL, 5/14-23, Stephen Mooney, (732) 280-2949, [kepplerdd765@gmail.com](mailto:kepplerdd765@gmail.com); **Maury AGS 16**, Branson, MO, 9/16-20, Frank Burgess, (336) 918-3998, [bburgess@aol.com](mailto:bburgess@aol.com); **Mountain APA 213**, Myrtle Beach, SC, 9/26-29, Don DiCoio, (973) 725-1974, [dicoio44@aol.com](mailto:dicoio44@aol.com); **Newport LST 1179**, Newport, RI, 9/29-10/4, Paul Zimarowski, (609) 747-9606, [pezsr1@comcast.net](mailto:pezsr1@comcast.net); **Pargo SSN 650**, Fountain, CO, 9/13-15, Gary Harman, (574) 202-2158, [2215wood@gmail.com](mailto:2215wood@gmail.com); **Patrol Boat River Forces Vets Assn**, Pensacola, FL, 10/23-26, Jim Woods, (815) 474-8769, [jwoods@hwts.com](mailto:jwoods@hwts.com); **Richard L. Page DEG/FFG 5**, St. Louis, 9/26-29, Dale Kerkman, (262) 909-4144, [pagedegffg5@yahoo.com](mailto:pagedegffg5@yahoo.com); **Sampson DDG 10 & 102**, Savannah, GA, 8/15-17, Bill Sargent, (256) 420-6753, [bcsargent@ardmore.net](mailto:bcsargent@ardmore.net); **Serrano AGS 24**, Branson, MO, 9/16-20, Charley Howe, (541) 680-8027, [maurymate60@yahoo.com](mailto:maurymate60@yahoo.com); **Stoddard DD 566**, Virginia Beach/Norfolk, VA, 9/11-14, John Rauh, (573) 517-1996, [cjrauh@ltd.net](mailto:cjrauh@ltd.net); **Taussig DD 746**, Seattle, 9/18-22, Donald Johnson, (859) 745-2973, [hihatky@yahoo.com](mailto:hihatky@yahoo.com); **West Virginia BB 48**, Corpus Christi, TX, 10/16-19, Mike Mullins, (610) 952-3542, [mike@usswestvirginia.org](mailto:mike@usswestvirginia.org)

## LIFE MEMBERSHIPS

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**272nd MP Co (Vietnam, 1965-1972),** Ron Raccioppi, (828) 508-2724

**633rd Eng Co (Camp Stanley, Korea, 1968-1969),** Joe Bushika, (413) 663-8710, jrbushika3@yahoo.com

**A Btry 2nd Bn 20th FA 4th Inf Div (Fort Carson, CO, 1976 & Wiesbaden, Germany, 1976-1979),** Russell Griffis, (570) 998-2182, leedorsey@gmail.com

**B Btry 1st/83rd FA 8th Inf Div (Baumholder, Germany, 1973-1974),** Russell Griffis, (570) 998-2182, leedorsey@gmail.com

**Belknap DLG/CG 26,** Ted Hetherington, (805) 218-9025, bowtieted@aol.com

**George AFB, CA, Softball (1960) & Basketball (1960-1961 TAC Champs),** John "Bud" Clay, (575) 388-1528, clayb57@hotmail.com

**Sherman WHEC 720 2001 OOH Crew,** Edward Semler, (240) 305-9348, mkcm378@gmail.com

## TAPS

**James M. Holmes, Dept. of Indiana.** Nat'l Historian 2007-2008, Nat'l Internal Affairs Cmsn. Consultant 1995-2007 and 2008-2010, and Nat'l Sec. Cncl. Vice Chmn. 1993-1995.

**Jack Lucas, Dept. of Rhode Island.** Nat'l Distinguished Guests Cmte. Vice Chmn. 2003-2013 and Nat'l Veterans Employment & Education Cncl. Memb. 2013-2014.

**Homer G. Moore, Dept. of Ohio.** Nat'l Foreign Relations Cncl. Vice Chmn. 2010-2013 and Nat'l Veterans Employment & Education Cncl. Memb. 2013-2019.


**John W. Roods Jr., Dept. of Utah.** Nat'l Sec. Cncl. Memb. 2017-2019.

**Harold Wilson, Dept. of Pennsylvania.** Nat'l CFA Dept. Chmn. 2009-2011, Nat'l Distinguished Guests Cmte. Vice Chmn. 1996-1997 and 2011-2012, Nat'l Foreign Relations Cncl. Vice Chmn. 1997-2005 and 2010-2011, Nat'l Legis. Cmsn. 2005-2008 and Nat'l Sec. Cncl. Memb. 2013.



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**THE BARTENDER** said, “Sorry, we don’t serve time travelers.” Two time travelers walked into a bar.

**BATHING SUITS** don’t shrink in water. They shrink when they’re stored in the closet all winter.

**WHAT KIND OF EXERCISE** do lazy people do? Diddly-squats.



“Here’s another diet book you can shelve under Fiction.”



“Usually I don’t kill the messenger, but you used PowerPoint.”



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“Well, sir, if you don’t mind,” said the barber, “I’ll be able to concentrate better if you don’t talk so much.”

**WHEN I WAS A KID**, my parents would always say “excuse my French” after a swear word. I’ll never forget that first day at school when the teacher asked if we knew any French.

**I ONCE KNEW** a one-armed fisherman. He had a terrible time telling you the size of the one that got away.

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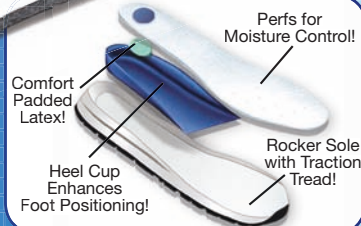
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